

| Day 1   | Day 2   | Day 3   | Day 4  | Day 5   |
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| <p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• Rice Chex</li> <li>• Fresh Fruit</li> <li>• Milk</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Beef Bolognese</li> <li>• GF Pasta</li> <li>• Green Beans and Carrots</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• Gf Banana Bread</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: Rice Chex</p> <p>Ln: Ground Beef, tomato, onion, garlic, oregano, basil, olive oil, gf pasta, green beans, carrots,</p> <p>Sn: GF flour, bananas, eggs, milk, cinnamon, brown sugar, baking soda, baking powder</p> | <p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• GF Bagel w/butter</li> <li>• Fresh Fruit</li> <li>• Milk</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Pollo Guisado</li> <li>• Cilantro Rice</li> <li>• Mixed Beans</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• Berry Yogurt</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: F Bagel, Butter</p> <p>Ln: Chicken, canola oil, salt, black pepper, cumin, paprika, chili powder, tomato paste, cilantro, garlic, bell peppers, onion, white vinegar, brown rice, onions</p> <p>Sn: Yogurt, berries, cinnamon, honey</p> | <p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• GF Cinnamon Oat Muffin</li> <li>• Fresh Fruit</li> <li>• Milk</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• GF Crispy Chicken</li> <li>• GF Maple Waffles</li> <li>• Chow Chow</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• Red Pepper Hummus &amp; Corn Chips</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: GF flour, oats, eggs, milk, cinnamon, brown sugar, baking soda, baking powder</p> <p>Ln: GF Bread Crumbs, yogurt, chicken, GF flour, maple, eggs, milk, cinnamon, brown sugar, tomatoes, cabbage, vinegar, onion</p> <p>Sn: Roasted red peppers, garbanzo, garlic, lemon juice, olive oil, cilantro, parsley, salt, black pepper, corn chips</p> | <p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• GF Berry Strata</li> <li>• Fresh Fruit</li> <li>• Milk</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Bbq Turkey Sloppy Joe</li> <li>• GF Roll</li> <li>• Corn</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• Cheese Cubes/Gf Baguette</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: GF Bread, eggs, maple, berries, milk, maple syrup, cinnamon,</p> <p>Ln: Tomato, garlic, mustard, vinegar, liquid smoke, onion, paprika, chili powder, ground turkey</p> <p>Sn: Cheese Cubes, GF baguette</p> | <p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• GF Corn Bread</li> <li>• Fresh Fruit</li> <li>• Milk</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• GF Eggplant Parm</li> <li>• GF Garlic Stick</li> <li>• Roasted Vegetables</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• Banana Applesauce</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: Corn Meal, GF flour, buttermilk, butter, sugar, salt, baking powder, baking soda</p> <p>Ln: Eggplant, gf bread crumbs, oregano, gf flour, salt, pepper, tomato, garlic, onion, basil, mozzarella</p> <p>Sn: Applesauce, banana, honey</p> |

## Stuff We Have To Say

- Red Rabbit is a nut free kitchen, but does not guarantee meals to be free of any other allergens. Menu items may contain or come into contact with wheat, eggs, milk, and soy. Please note, ingredients are subject to change due to market availability, and may change without prior notice.
- Depending on your school agreement and federal reimbursements, you may not receive the breakfast or snack items listed above.
- It is the responsibility of the recipient to refrigerate all items. All items should be eaten or frozen within 3 days of receipt.
- Per the USDA guidelines, all meals should only be eaten by students, and should be served with 8 oz of milk.