

Mon	Tue	Wed	Thu	Fri
<p>Breakfast:</p> <ul style="list-style-type: none"> • Rice Chex • Fresh Fruit • Milk <p>Lunch:</p> <ul style="list-style-type: none"> • GF Chicken Alfredo • GF Pasta • Roasted Carrots and Green Beans • Fresh Fruit <p>Snack:</p> <ul style="list-style-type: none"> • GF Oat Bread • Fresh Cut Fruit <p>Ingredients:</p> <p>Br: Rice Chex</p> <p>Ln: Heavy Cream, mozzarella, romano, garlic, onion, basil, peas, carrots, salt, pepper, GF Pasta</p> <p>Sn: GF flour, oats, milk, eggs, honey, cinnamon, baking powder, baking soda, brown sugar, salt</p>	<p>School Closed</p>	<p>Breakfast:</p> <ul style="list-style-type: none"> • GF Morning Glory Muffin • Fresh Fruit • Milk <p>Lunch:</p> <ul style="list-style-type: none"> • Cheesy Eggs • GF Roll • Bell Peppers and Tomatoes • Fresh Fruit <p>Snack:</p> <ul style="list-style-type: none"> • Red Pepper Hummus and Corn Tortilla • Fresh Cut Fruit <p>Ingredients:</p> <p>Br: GF flour, carrots, apples, milk, eggs, baking soda, baking powder, brown sugar</p> <p>Ln: Eggs, cheddar cheese, gf roll, bell peppers, potatoes, paprika, chili powder</p> <p>Sn: Red Pepper, garbanzo, garlic, cilantro, parsley, lemon juice, corn tortilla, paprika</p>	<p>Breakfast:</p> <ul style="list-style-type: none"> • Mixed Berry Yogurt • Fresh Fruit • Milk <p>Lunch:</p> <ul style="list-style-type: none"> • Ropa Vieja • Cilantro Rice • Corn and Tomato Salad • Fresh Fruit <p>Snack:</p> <ul style="list-style-type: none"> • GF Pumpkin Muffin • Fresh Cut Fruit <p>Ingredients:</p> <p>Br: Yogurt, berries, honey</p> <p>Ln: Beef, tomato, garlic, lime, cilantro, paprika, chili powder, onion, brown rice, corn, tomato, olive oil</p> <p>Sn: Pumpkin, GF flour, eggs, milk, cinnamon, brown sugar, maple, baking soda, baking powder</p>	<p>Breakfast:</p> <ul style="list-style-type: none"> • GF Berry Waffles • Fresh Fruit • Milk <p>Lunch:</p> <ul style="list-style-type: none"> • GF Pizza • GF Bread • Broccoli • Fresh Fruit <p>Snack:</p> <ul style="list-style-type: none"> • Cinnamon Corn Chips • Fresh Cut Fruit <p>Ingredients:</p> <p>Br: gf flour, mixed berries, milk, eggs, baking soda, baking powder, brown sugar</p> <p>Ln: Tomato, basil, oregano, garlic, salt, pepper, mozzarella cheese, romano cheese, broccoli, gf bread</p> <p>Sn: corn tortilla, cinnamon sugar</p>

Stuff We Have To Say

- 1 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.
- 2 Depending on your school agreement and federal reimbursements, you may not receive the breakfast or snack items listed above.

- 3 It is the responsibility of the recipient to refrigerate all items. All items should be eaten or frozen within 3 days of receipt.
- 4 Per the USDA guidelines, all meals should only be eaten by students, and should be served with 8 oz of milk.

How To Enjoy

- 1 Please enjoy these meals in the order listed to best preserve freshness—as in, eat "Day 1" first, and so on.
- 2 Heat meals for 2-3 minutes in a microwave or until the internal temperature reaches 165°F.
- 3 Let meals stand for 1 minute before serving.