

## Day 1

### Breakfast:

- Corn Flakes
- Fresh Fruit
- Milk

### Lunch:

- Jerk Seasoned Tofu
- Jasmine Rice
- Black Eyed Peas and Kidney Beans
- Fresh Fruit

### Snack:

- Peach Muffin
- Fresh Cut Fruit

### Ingredients:

Br: Corn Flakes

Ln: Tofu, brown sugar, thyme, cinnamon, tomato paste, garlic, mustard, white vinegar, clove, salt, all spice, jalapeno, jasmine rice, black eyed peas, kidney beans

Sn: WW flour, peaches, milk, eggs, baking soda, baking powder, brown sugar, cinnamon

## Day 2

### Breakfast:

- Pumpkin Bread
- Fresh Fruit
- Milk

### Lunch:

- Butternut Squash Mac and Cheese
- Pasta
- Squash and Peas
- Fresh Fruit

### Snack:

- Pizza Bites
- Fresh Cut Fruit

### Ingredients:

Br: WW flour, pumpkin, eggs, milk, cinnamon, baking soda, baking powder

Ln: Pasta, butternut squash, heavy cream, milk, cheddar, ricotta, parmesan, chili powder, paprika

Sn: WW flour, yeast, mozzarella, tomato, oregano, garlic, onion, basil

## Day 3

### Breakfast:

- Morning Glory Muffin
- Fresh Fruit
- Milk

### Lunch:

- Vegetarian Meatballs
- WW Bun
- Broccoli
- Fresh Fruit

### Snack:

- Green Goddess/Celery Carrot Sticks
- Fresh Cut Fruit

### Ingredients:

Br: WW flour, apples, carrots, milk, eggs, baking soda, baking powder, brown sugar, cinnamon

Ln: Lentils, yellow onions, garlic, tomato, breadcrumbs, olive oil, parsley, oregano, egg, ww bun

Sn: parsley, olive oil, garlic, sour cream, celery, carrots

## Day 4

### Breakfast:

- Carrot Bread
- Fresh Fruit
- Milk

### Lunch:

- Cheesy Pesto
- Penne
- Zucchini and Tomatoes
- Fresh Fruit

### Snack:

- Cheddar Cheese Cubes and Baguette
- Fresh Cut Fruit

### Ingredients:

Br: Yogurt, peaches, honey

Ln: Basil, garlic, parsley, heavy cream, olive oil, mozzarella, pecorino, zucchini, tomatoes, pasta

Sn: Cheddar Cheese, WW baguette

## Day 5

### Breakfast:

- Berry Waffle
- Fresh Fruit
- Milk

### Lunch:

- Maduro and Mushroom Cubano
- WW Bun
- Three Bean Salad
- Fresh Fruit

### Snack:

- Sweet Potato Muffin
- Fresh Cut Fruit

### Ingredients:

Br: Yogurt, berries, honey, oats, toasty o's, quinoa, cinamon, honey

Ln: WW bun, plantain, mushrooms, swiss cheese, mustard, mayonnaise, black, kidney, garbanzo beans, cilantro, lime, olive oil

Sn: WW flour, sweet potatoes, milk, eggs, baking soda, baking powder, brown sugar, cinnamon

## 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.