

Day 1

Breakfast:

- Toasty O's
- Fresh Fruit
- Milk

Lunch:

- 3 Cheese Rigatoni
- Pasta
- Corn and Peas
- Fresh Fruit

Snack:

- Cranberry Apple Muffin
- Fresh Cut Fruit

Ingredients:

Br: Corn Flakes

Ln: Tomato Sauce, basil, oregano, garlic, ricotta, pecorino, mozzarella, olive oil, pasta, corn, peas, salt, pepper

Sn: WW flour, eggs, milk, cranberries, apples, baking soda, baking powder, cinnamon, salt, brown sugar

Day 2

Breakfast:

- Tomato Bread
- Fresh Fruit
- Milk

Lunch:

- Bbq Baked Beans
- Brown Rice
- Kale and Spinach
- Fresh Fruit

Snack:

- Strawberry Oat Bites
- Fresh Cut Fruit

Ingredients:

Br: Corn meal, ap flour, tomato, butter, buttermilk, baking soda, baking powder, sugar, salt, black pepper

Ln: Kidney Beans, tomato, garlic, onion, mustard, soy sauce, chili powder, paprika, salt, black pepper, kale, spinach, brown rice

Sn: Strawberries, ww flour, brown sugar, eggs, milk, baking soda, baking powder, cinnamon, nutmeg

Day 3

Breakfast:

- Morning Glory Muffin
- Fresh Fruit
- Milk

Lunch:

- Tofu Parmesan
- Focaccia
- Mixed Vegetables
- Fresh Fruit

Snack:

- Biscuits and Jelly
- Fresh Cut Fruit

Ingredients:

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

Ln: heavy cream, garlic, onion, mozzarella, basil, romano, all spice, clove, ancho chili powder, clove, pasta, bell peppers, tomatoes

Sn: WW flour, ap flour, baking soda, baking powder, cheddar, salt, butter, heavy cream, cheddar, jelly

Day 4

Breakfast:

- Mixed Berry Yogurt Parfait
- Fresh Fruit
- Milk

Lunch:

- Vegetarian Rasta Pasta
- Pasta
- Bell Pepper and Tomatoes
- Fresh Fruit

Snack:

- Corn Muffin
- Fresh Cut Fruit

Ingredients:

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

Ln: Heavy Cream, mozzarella, pecorino, garlic, curry, basil, curry powder, allspice, pasta, tomatoes, bell peppers

Sn: Corn meal, ap flour, butter, buttermilk, baking soda, baking powder, sugar, salt, black pepper

Day 5

Breakfast:

- Berry Waffles
- Fresh Fruit
- Milk

Lunch:

- Onion, Mushroom, Cheddar, Pepper and Sandwich
- WW Baguette
- Homefries
- Fresh Fruit

Snack:

- Cheese Cubes w/Baguette
- Fresh Cut Fruit

Ingredients:

Br: Ww flour, berries, milk, eggs, brown sugar, cinnamon, salt, baking soda, baking powder

Ln: Onion, mushroom, peppers, cheddar, salt, pepper, olive oil, ww baguette, potatoes, paprika, salt, pepper

Sn: Cheese, ww baguette

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.