

Day 1	Day 2	Day 3	Day 4	Day 5
<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• Corn Flakes</li> <li>• Fresh Fruit</li> <li>• Milk</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Mushroom Bolognese</li> <li>• 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>• Banana Bread</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: Corn Flakes</p> <p>Ln: Mushrooms, garlic, onion, tomato, oregano, thyme, pasta, pecorino</p> <p>Sn: WW flour, bananas, milk, eggs, baking soda, baking powder, brown sugar, cinnamon, nutmeg</p>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• WW Bagel w/Butter</li> <li>• Fresh Fruit</li> <li>• Milk</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Bean Guisado</li> <li>• Cilantro Rice</li> <li>• Tomatoes and Onions</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• Fruit Yogurt</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: whole wheat flour, unbleached enriched wheat flour, water, brown sugar, malt syrup, wheat gluten, sea salt, raisin juice concentrate, yeast, malt powder, molasses powder, honey powder, soybean oil, ascorbic acid, enzymes, cinnamon, butter</p> <p>Ln: Garbanzo, black beans, canola oil, salt, black pepper, cumin, paprika, chili powder, tomato paste, cilantro, garlic, bell peppers, onion, white vinegar, brown rice, onions</p> <p>Sn: Blueberries, yogurt, honey, cinnamon</p>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• Cinnamon Oat Muffin</li> <li>• Fresh Fruit</li> <li>• Milk</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Crispy Tofu</li> <li>• WW Maple Waffle</li> <li>• Chow Chow</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• Biscuit and Jelly</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: WW flour, oats, maple, milk, eggs, baking soda, baking powder, brown sugar</p> <p>Ln: tofu, panko, yogurt, maple, ww flour, eggs, milk, cinnamon, brown sugar, baking powder, baking soda</p> <p>Sn: WW flour, butter, baking soda, buttermilk, baking powder, cheddar, jelly</p>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• Berry Strata</li> <li>• Fresh Fruit</li> <li>• Milk</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Grilled Cheese</li> <li>• WW Bread</li> <li>• Bbq Bean and Corn Salad</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• Roasted Banana Applesauce</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: whole wheat bread, strawberries, eggs, cinnamon, maple, milk, salt</p> <p>Ln: Ww bread, cheddar, kidney beans, corn, peppers, cabbage, tomato, garlic, soy sauce, mustard, vinegar,</p> <p>Sn: Bananas, applesauce, honey</p>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• Corn Bread Muffin</li> <li>• Fresh Fruit</li> <li>• Milk</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Eggplant Parm</li> <li>• WW Focaccia</li> <li>• Roasted Vegetables</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• Cheese Cubes, WW Baguette</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: Yogurt, mixed berries, oats, honey, cinnamon, nutmeg, quinoa</p> <p>Ln: Tomato, basil, oregano, garlic, salt, pepper, mozzarella cheese, romano cheese, eggplant, ww focaccia, broccoli, carrots,</p> <p>Sn: Cheese Cubes, WW Baguette</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.