

Day 1	Day 2	Day 3	Day 4	Day 5
<p>Breakfast:</p> <ul style="list-style-type: none"> • Corn Flakes • Fresh Fruit • Milk <p>Lunch:</p> <ul style="list-style-type: none"> • Vegetarian Alfredo • Pasta • Green Beans and Roasted Carrots • Fresh Fruit <p>Snack:</p> <ul style="list-style-type: none"> • WW Pretzels • Fresh Cut Fruit <p>Ingredients:</p> <p>Br: Corn Flakes</p> <p>Ln: Heavy Cream, mozzarella, romano, garlic, onion, basil, pasta, peas, carrots, salt, pepper</p> <p>Sn: WW flour, salt, butter, brown sugar</p>	<p>Breakfast:</p> <ul style="list-style-type: none"> • Tomato Corn Bread • Fresh Fruit • Milk <p>Lunch:</p> <ul style="list-style-type: none"> • Pineapple Tofu • Jasmine Rice • Carrots and Bok Choy • Fresh Fruit <p>Snack:</p> <ul style="list-style-type: none"> • Cheese Cubes • WW Baguette • Fresh Cut Fruit <p>Ingredients:</p> <p>Br: Tomatoes, olive oil, garlic, cornmeal, ww flour, butter, milk, sugar, baking soda, baking powder</p> <p>Ln: Pineapple, tofu, onion, ginger, garlic, rice wine vinegar, honey, soy sauce, canola oil, ap flour, jasmine rice, carrots, bok choy</p> <p>Sn: WW baguette, cheese cubes</p>	<p>Breakfast:</p> <ul style="list-style-type: none"> • Morning Glory • Fresh Fruit • Milk <p>Lunch:</p> <ul style="list-style-type: none"> • Cheesy Eggs • WW Roll • Bell Peppers and Tomatoes • Fresh Fruit <p>Snack:</p> <ul style="list-style-type: none"> • Red Pepper Hummus and Pita • Fresh Cut Fruit <p>Ingredients:</p> <p>Br: WW flour, carrots, apples, milk, eggs, baking soda, baking powder, brown sugar</p> <p>Ln: Eggs, cheddar cheese, ww roll, bell peppers, potatoes, paprika, chili powder</p> <p>Sn: Red Pepper, garbanzo, garlic, cilantro, parsley, lemon juice, ww pita, paprika</p>	<p>Breakfast:</p> <ul style="list-style-type: none"> • Mixed Berry Yogurt & Granola • Fresh Fruit • Milk <p>Lunch:</p> <ul style="list-style-type: none"> • Three Bean Ropa Vieja • Cilantro Rice • Corn and Tomato Salad • Fresh Fruit <p>Snack:</p> <ul style="list-style-type: none"> • Pumpkin Muffin • Fresh Cut Fruit <p>Ingredients:</p> <p>Br: Yogurt, berries, honey, oats, toasty o's, quinoa, cinamon, honey</p> <p>Ln: Chickpeas, black beans, kidney beans, tomato, garlic, lime, cilantro, paprika, chili powder, onion, brown rice, corn, tomato, olive oil</p> <p>Sn: WW Flour, pumpkin, eggs, milk, sugar, baking soda, baking powder, cinnamon, salt</p>	<p>Breakfast:</p> <ul style="list-style-type: none"> • Berry Waffles • Fresh Fruit • Milk <p>Lunch:</p> <ul style="list-style-type: none"> • Pizza • WW Focaccia • Broccoli • Fresh Fruit <p>Snack:</p> <ul style="list-style-type: none"> • Italian Herb Bites • Fresh Cut Fruit <p>Ingredients:</p> <p>Br: WW 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, ww focaccia</p> <p>Sn: Ap flour, ww flour, sugar, baking powder, salt, eggs, olive oil, milk, cheddar, rosemary, parsley, basil, garlic</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.

How To Enjoy

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