

Mon	Tue	Wed	Thu	Fri
<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• Cereal</li> <li>• Fresh Fruit</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Beef Bolognese</li> <li>• GF 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>• ED Cranberry Muffin</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: Toasty O's</p> <p>Ln: Ground Beef, tomato, onion, garlic, oregano, basil, olive oil, pasta, green beans, carrots,</p> <p>Sn: WW flour, cranberry, soy milk, apple sauce cinnamon, brown sugar, baking powder</p>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• ED Berry Waffle</li> <li>• Fresh Fruit</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Pollo Guisado</li> <li>• Cilantro Rice</li> <li>• Mixed Beans</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• ED Strawberry Oat Bites</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: WW flour, berries, soy milk, baking soda, baking powder, brown sugar</p> <p>Ln: Chicken, canola oil, salt, black pepper, cumin, paprika, chili powder, tomato paste, cilantro, garlic, bell peppers, onion, white vinegar, brown rice, onions, black, kidney beans</p> <p>Sn: Oats, strawberries, ap flour, soy milk, baking soda, baking powder, cinnamon, maple</p>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• Apple Muffin</li> <li>• Fresh Fruit</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Crispy Chicken</li> <li>• Maple ED Waffles</li> <li>• Chow Chow</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• ED Pizza Stick</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: WW flour, oats, soy milk, applesauce cinnamon, brown sugar, baking soda, baking powder</p> <p>Ln: Bread Crumbs, soyogurt, chicken, GF flour, maple, soy milk, cinnamon, brown sugar, tomatoes, cabbage, vinegar, onion</p> <p>Sn: WW focaccia, tomato, garlic, onion, basil, oregano, olive oil, salt, pepper,</p>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• Bagel w/Jam</li> <li>• Fresh Fruit</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>Bbq Turkey Sloppy Joe</li> <li>• WW Roll</li> <li>• Corn</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• ED Corn Muffin</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, Jam</p> <p>Ln: Tomato, garlic, mustard, vinegar, liquid smoke, onion, paprika, chili powder, ground turkey</p> <p>Sn: Corn meal, ap flour, soy milk, baking soda, baking powder</p>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• Berry Soy Yogurt and Granola</li> <li>• Fresh Fruit</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Eggplant Relish and Chicken Sandwich</li> <li>• WW Baguette</li> <li>• Roasted Vegetables</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: Tofu, soy milk, mixed berries, oats, honey, cinnamon, nutmeg, quinoa</p> <p>Ln: Eggplant, chicken, garlic, onions, parsley, basil, tomato, chicken, ww baguette</p> <p>Sn: Applesauce, banana, honey</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.