

Mon	Tue	Wed	Thu	Fri
<p>Breakfast:</p> <ul style="list-style-type: none"> • Corn Flakes • Fresh Fruit <p>Lunch:</p> <ul style="list-style-type: none"> • Jerk Seasoned Chicken • Jasmine Rice • Black Eyed Peas and Kidney Beans • Fresh Fruit <p>Snack:</p> <ul style="list-style-type: none"> • ED Banana Bread • Fresh Cut Fruit <p>Ingredients:</p> <p>Br: Rice Chex</p> <p>Ln: Chicken, brown sugar, thyme, cinnamon, tomato paste, garlic, mustard, white vinegar, clove, salt, all spice, jalapeno, jasmine rice, black eyed peas, kidney beans</p> <p>Sn: : Ww flour, bananas, brown sugar, baking soda, baking powder, soymilk, applesauce</p>	<p>Breakfast:</p> <ul style="list-style-type: none"> • ED Bagel and Jam • Fresh Fruit <p>Lunch:</p> <ul style="list-style-type: none"> • ED Mac and Cheese • Pasta • Roasted Vegetables • Fresh Fruit <p>Snack:</p> <ul style="list-style-type: none"> • Peach Soy Yogurt • Fresh Cut Fruit <p>Ingredients:</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, jam</p> <p>Ln: Chicken, chicken stock, tomatoes, peppers, onions, garlic, pasta</p> <p>Sn: Tofu, soy milk, peaches, honey</p>	<p>Breakfast:</p> <ul style="list-style-type: none"> • ED Cinnamon Oat Muffin • Fresh Fruit <p>Lunch:</p> <ul style="list-style-type: none"> • ED Meatballs • WW Roll • Broccoli • Fresh Fruit <p>Snack:</p> <ul style="list-style-type: none"> • Green Goddess/Celery & Carrot • Fresh Cut Fruit <p>Ingredients:</p> <p>Br: WW flour, oats, maple, soy milk, baking soda, baking powder, brown sugar, cinnamon</p> <p>Ln: Ground Beef, onions, garlic, breadcrumbs, soymilk, parsley</p> <p>Sn: Olive Oil, parsley, garlic, olive oil, celery, carrots</p>	<p>Breakfast:</p> <ul style="list-style-type: none"> • ED Berry Strata • Fresh Fruit <p>Lunch:</p> <ul style="list-style-type: none"> • Ed Pesto Chicken • Pasta • Zucchini and Tomatoes • Fresh Fruit <p>Snack:</p> <ul style="list-style-type: none"> • Tofutti and Jam Sandwich • Fresh Cut Fruit <p>Ingredients:</p> <p>Br: Berries, ww bread, soy milk, maple, brown sugar, salt</p> <p>Ln: Chicken, basil, tofutti, soy milk parsley, garlic, olive oil, salt, pepper, pasta</p> <p>Sn: Tofutti, jam, ww roll</p>	<p>Breakfast:</p> <ul style="list-style-type: none"> • ED Corn Bread Muffin • Fresh Fruit <p>Lunch:</p> <ul style="list-style-type: none"> • ED Turkey Cubano • Ww Baguette • Three Bean Salad • Fresh Fruit <p>Snack:</p> <ul style="list-style-type: none"> • ED Sweet Potato Muffin • Fresh Cut Fruit <p>Ingredients:</p> <p>Br: Corn meal, whole wheat flour, baking soda, baking powder, soy milk</p> <p>Ln: Turkey, mustard, pickles, Ww bun, black, kidney, garbanzo beans, cilantro, lime, olive oil</p> <p>Sn: Bananas, applesauce, honey, cinnamon</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.