

## Mon

### Breakfast:

- Cereal
- Fresh Fruit
- Milk

### Lunch:

- Mushroom Bolognese
- Pasta
- Green Beans and Carrots
- Fresh Fruit

### Snack:

- Cranberry Muffin
- Fresh Cut Fruit

### Ingredients:

Br: Corn Flakes

Ln: Mushrooms, garlic, onion, tomato, oregano, thyme, pasta, pecorino

Sn: WW flour, Cranberries, milk, eggs, baking soda, baking powder, brown sugar, cinnamon, nutmeg

## Tue

### Breakfast:

- Berry Waffle
- Fresh Fruit
- Milk

### Lunch:

- Bean Guisado
- Cilantro Rice
- Tomatoes and Onions
- Fresh Fruit

### Snack:

- Strawberry Oat Bites
- Fresh Cut Fruit

### Ingredients:

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

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

Sn: Oats, strawberries, ww flour, eggs, milk, baking soda, baking powder, cinnamon, maple

## Wed

### Breakfast:

- Apple Muffin
- Fresh Fruit
- Milk

### Lunch:

- Crispy Tofu
- WW Maple Waffle
- Chow Chow
- Fresh Fruit

### Snack:

- Biscuit and Jelly
- Fresh Cut Fruit

### Ingredients:

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

Ln: tofu, panko, yogurt, maple, ww flour, eggs, milk, cinnamon, brown sugar, baking powder, baking soda

Sn: WW flour, butter, baking soda, buttermilk, baking powder, cheddar, jelly

## Thu

### Breakfast:

- Bagels and Cream Cheese
- Fresh Fruit
- Milk

### Lunch:

- Grilled Cheese
- WW Bread
- Bbq Bean and Corn Salad
- Fresh Fruit

### Snack:

- Corn Muffin
- Fresh Cut Fruit

### Ingredients:

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, Cream Cheese

Ln: Ww bread, cheddar, kidney beans, corn, peppers, cabbage, tomato, garlic, soy sauce, mustard, vinegar,

Sn: Corn meal, ap flour, milk, butter, baking soda, baking powder

## Fri

### Breakfast:

- Berry Yogurt and Granola
- Fresh Fruit
- Milk

### Lunch:

- Eggplant Parm
- WW Focaccia
- Roasted Vegetables
- Fresh Fruit

### Snack:

- Cheese Cubes, WW Baguette
- Fresh Cut Fruit

### Ingredients:

Br: Yogurt, mixed berries, oats, honey, cinnamon, nutmeg, quinoa

Ln: Tomato, basil, oregano, garlic, salt, pepper, mozzarella cheese, romano cheese, eggplant, ww focaccia, broccoli, carrots,

Sn: Cheese Cubes, 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.