

Mon	Tue	Wed	Thu	Fri
<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• Toasty O's</li> <li>• Fresh Fruit</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• ED Chicken Alfredo</li> <li>• Pasta</li> <li>• Roasted Carrots and Green Beans</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• ED Oat Bread</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: Toasty O's</p> <p>Ln: Tofutti, soy milk, garlic, onion, basil, peas, carrots, salt, pepper, Pasta</p> <p>Sn: WW flour, soy milk, applesauce, baking powder, baking soda, cinnamon</p>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• ED Cornbread</li> <li>• Fresh Fruit</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Pineapple Chicken</li> <li>• Jasmine Rice</li> <li>• Carrots and Bok Choy</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• Tofutti and Jam Sandwiches</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: WW flour, cornmeal, applesauce, soy milk, baking powder, baking soda, salt</p> <p>Ln: Pineapple, chicken, onion, ginger, garlic, rice wine vinegar, honey, soy sauce, canola oil, ap flour, jasmine rice, carrots, bok choy</p> <p>Sn: Tofutti, jam, ww flour</p>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• ED Morning Glory Muffin</li> <li>• Fresh Fruit</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Scrambled Tofu</li> <li>• WW Roll</li> <li>• Bell Peppers and Tomatoes</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• Red Pepper Hummus and Pita</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: WW flour, carrots, apples, soy milk, baking soda, baking powder, brown sugar</p> <p>Ln: Beef, tomato, garlic, lime, cilantro, paprika, chili powder, onion, brown rice, corn, tomato, olive oil</p> <p>Sn: Red Pepper, garbanzo, garlic, cilantro, parsley, lemon juice, gf bread, paprika</p> <p>tofu, ww roll, bell peppers, potatoes, paprika, chili powder</p>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• Mixed Berry Soy Yogurt</li> <li>• Fresh Fruit</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Ropa Vieja</li> <li>• Cilantro Rice</li> <li>• Corn and Tomato Salad</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• ED Pumpkin Muffin</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: Soy milk, tofu, berries, honey</p> <p>Ln: Beef, tomato, garlic, lime, cilantro, paprika, chili powder, onion, brown rice, corn, tomato, olive oil</p> <p>Sn: WW Flour, pumpkin, soy milk, applesauce sugar, baking soda, baking powder, cinnamon</p>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• ED Berry Waffles</li> <li>• Fresh Fruit</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Chicken and Tomato FlatBread</li> <li>• WW Focaccia</li> <li>• Broccoli</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• Garlic Toast Sticks</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: WW flour, mixed berries, soy milk, applesauce, baking soda, baking powder, brown sugar</p> <p>Ln: Tomato, basil, oregano, garlic, salt, pepper, chicken, broccoli, gf bread</p> <p>Sn: WW bread, garlic, evoo, parsley, salt, pepper</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.