

Mon	Tue	Wed	Thu	Fri
<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• Rice Chex</li> <li>• Fresh Fruit</li> <li>• Milk</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• 3 Cheese Rigatoni</li> <li>• GF Pasta</li> <li>• Broccoli</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• GF Cranberry Apple Muffin</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: Rice Chex</p> <p>Ln: Tomato Sauce, basil, oregano, garlic, ricotta, pecorino, mozzarella, olive oil, broccoli, salt, pepper GF Pasta</p> <p>Sn: GF flour, eggs, milk, cranberries, apples, baking soda, baking powder, cinnamon, salt, brown sugar</p>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• GF Pumpkin Bread</li> <li>• Fresh Fruit</li> <li>• Milk</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Bbq Turkey</li> <li>• Brown Rice</li> <li>• Kale and Spinach</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• GF Pizza Bites</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: GF flour, pumpkin, milk, eggs, baking soda, baking powder, brown sugar</p> <p>Ln: Turkey, tomato, garlic, onion, mustard, chili powder, paprika, salt, black pepper, kale, spinach, brown rice</p> <p>Sn: GF bread, mozzarella, tomato, basil, garlic, oregano, olive oil,</p>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• GF Morning Glory Muffin</li> <li>• Fresh Fruit</li> <li>• Milk</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• GF Chicken Parmesan</li> <li>• GF Garlic Sticks</li> <li>• Mixed Vegetables</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• Cinnamon Corn Chips</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: GF flour, apples, carrots, lemon, milk, eggs, baking soda, baking powder, brown sugar</p> <p>Ln: GF breadcrumbs, chicken, tomato, oregano, egg, milk, salt, basil, pepper, evoo, garlic, onion, gf bread, parsley</p> <p>Sn: Celery, carrots, parsley, garlic, cilantro, lime, olive oil,</p>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• GF Carrot Bread</li> <li>• Fresh Fruit</li> <li>• Milk</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Chicken Rasta Pasta</li> <li>• GF Pasta</li> <li>• Bell Peppers and Tomatoes</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• Cheese Cubes and GF Bread</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: GF flour, carrots, milk, eggs, baking soda, baking powder, brown sugar</p> <p>Ln: Heavy cream, garlic, onion, mozzarella, basil, romano, all spice, clove, ancho chili powder, clove, pasta, bell peppers, tomatoes, chicken</p> <p>Sn: Mozzarella, gf bread</p>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• GF Berry Waffles</li> <li>• Fresh Fruit</li> <li>• Milk</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Chopped Cheese</li> <li>• GF Bun</li> <li>• Homefries</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• Sweet Potato Muffin</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: GF flour, berries, milk, eggs, brown sugar, cinnamon, salt, baking soda, baking powder</p> <p>Ln: Ground Beef, onions, heavy cream, ricotta, cheddar, pecorino, paprika, chili powder, Gf Bun</p> <p>Sn: WW flour, eggs, milk, cinnamon, brown sugar, sweet potato, baking soda, baking powder</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.