

## Mon

### Breakfast:

- Rice Chex
- Fresh Fruit
- Milk

### Lunch:

- Jerk Seasoned Chicken
- Jasmine Rice
- Black Eyed Peas and Kidney Beans
- Fresh Fruit

### Snack:

- GF Banana Bread
- Fresh Cut Fruit

### Ingredients:

Br: Rice Chex

Ln: Chicken, brown sugar, thyme, cinnamon, tomato paste, garlic, mustard, white vinegar, clove, salt, all spice, jalapeno, jasmine rice, black eyed peas, kidney beans

Sn: Gf flour, Banana, brown sugar, baking soda, baking powder, eggs, milk

## Tue

### Breakfast:

- Gf Bagel and Butter
- Fresh Fruit
- Milk

### Lunch:

- GF Butternut Squash Mac and Cheese
- GF Pasta
- Squash and Peas
- Fresh Fruit

### Snack:

- Peach Yogurt
- Fresh Cut Fruit

### Ingredients:

Br: Gf Bagel, butter

Ln: GF Pasta, butternut squash, heavy cream, milk, cheddar, ricotta, parmesan, chili powder, paprika

Sn: Yogurt, peaches, honey

## Wed

### Breakfast:

- GF OatMuffin
- Fresh Fruit
- Milk

### Lunch:

- GF Meatballs
- GF Bun
- Broccoli
- Fresh Fruit

### Snack:

- Green Goddess/Celery & Carrots
- Fresh Cut Fruit

### Ingredients:

Br: GF flour, oats, maple, milk, eggs, baking soda, baking powder, brown sugar, cinnamon

Ln: Ground Beef, onions, garlic, gf breadcrumbs, eggs, milk, parsley

Sn: Sour cream, parsley, garlic, olive oil, celery, carrots

## Thu

### Breakfast:

- GF Berry Strata
- Fresh Fruit
- Milk

### Lunch:

- Cheesy Pesto Chicken
- Gf Pasta
- Zucchini and Tomatoes
- Fresh Fruit

### Snack:

- Cheese Cubes and GF Bread
- Fresh Cut Fruit

### Ingredients:

Br: Gf bread, berries, eggs, milk, brown sugar

Ln: Chicken, mozzarella, basil, pecorino, heavy cream, parsley, garlic, olive oil, salt, pepper, gf pasta

Sn: GF Bread, mozzarella

## Fri

### Breakfast:

- GF Corn Muffin
- Fresh Fruit
- Milk

### Lunch:

- Turkey Cubano
- Ww Baguette
- Three Bean Salad
- Fresh Fruit

### Snack:

- Roasted Banana Applesauce
- Fresh Cut Fruit

### Ingredients:

Br: Corn meal, gf flour, baking soda, baking powder, milk,

Ln: Turkey, mayonnaise, mustard, swiss, pickles, gf bun, black, kidney, garbanzo beans, cilantro, lime, olive oil

Sn: Bananas, applesauce, honey, cinnamon

## 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.

## How To Enjoy

- 1 Please enjoy these meals in the order listed to best preserve freshness—as in, eat "Day 1" first, and so on.
- 2 Heat meals for 2-3 minutes in a microwave or until the internal temperature reaches 165°F.
- 3 Let meals stand for 1 minute before serving.