

Mon

Breakfast:

- Toasty O's
- Fresh Fruit
- Milk

Lunch:

- 3 Cheese Rigatoni Pasta
- Corn and Peas
- Fresh Fruit

Snack:

- Cranberry Apple Muffin
- Fresh Cut Fruit

Ingredients:

Br: Toasty Os

Ln: Tomato Sauce, basil, oregano, garlic, ricotta, pecorino, mozzarella, olive oil, pasta, corn, peas, salt, pepper

Sn: WW flour, eggs, milk, cranberries, apples, baking soda, baking powder, cinnamon, salt, brown sugar

Tue

Breakfast:

- Pumpkin Bread
- Fresh Fruit
- Milk

Lunch:

- Bbq Baked Beans
- Brown Rice
- Kale and Spinach
- Fresh Fruit

Snack:

- Pizza Bites
- Fresh Cut Fruit

Ingredients:

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

Ln: Kidney Beans, tomato, garlic, onion, mustard, soy sauce, chili powder, paprika, salt, black pepper, kale, spinach, brown rice

Sn: Ww Focaccia, tomato, garlic, basil, oregano, olive oil, salt, pepper

Wed

Breakfast:

- Morning Glory Muffin
- Fresh Fruit
- Milk

Lunch:

- Tofu Parmesan
- Focaccia
- Mixed Vegetables
- Fresh Fruit

Snack:

- Celery, Carrots,
- Fresh Cut Fruit

Ingredients:

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

Ln: heavy cream, garlic, onion, mozzarella, basil, romano, all spice, clove, ancho chili powder, clove, pasta, bell peppers, tomatoes

Sn: Celery, carrots, parsley, garlic, cilantro, lime, olive oil, tofu

Thu

Breakfast:

- Mixed Berry Yogurt Parfait
- Fresh Fruit
- Milk

Lunch:

- Vegetarian Rasta Pasta
- Pasta
- Bell Pepper and Tomatoes
- Fresh Fruit

Snack:

- Cheese Cubes w/Baguette
- Fresh Cut Fruit

Ingredients:

Br: Yogurt, berries, honey, oats, toasty o's, quinoa, cinamon, honey

Ln: Heavy Cream, mozzarella, pecorino, garlic, curry, basil, curry powder, allspice, pasta, tomatoes, bell peppers

Sn: Cheese, ww baguette

Fri

Breakfast:

- Berry Waffles
- Fresh Fruit
- Milk

Lunch:

- Onion, Mushroom, Cheddar, Pepper and Sandwich
- WW Baguette
- Homefries
- Fresh Fruit

Snack:

- Sweet Potato Muffin
- Fresh Cut Fruit

Ingredients:

Br: Ww flour, berries, milk, eggs, brown sugar, cinnamon, salt, baking soda, baking powder

Ln: Onion, mushroom, peppers, cheddar, salt, pepper, olive oil, ww baguette, potatoes, paprika, salt, pepper

Sn: Ww flour, eggs, milk, baking powder, baking soda, salt, cinnamon, sweet potatoes

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.