



# Egg and Dairy Free Menu and Ingredients

DAY 11-16  
April  
25 - 29

Day 1	Day 2	Day 3	Day 4	Day 5
<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• Corn Flakes</li> <li>• Fresh Fruit</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Jerk Chicken</li> <li>• Jasmine Rice</li> <li>• Edamame</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• ED Banana Bread</li> <li>• Fresh Cut Fruit</li> </ul>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• ED Bagel and Jam</li> <li>• Fresh Fruit</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• ED Pizza Flatbread</li> <li>• Broccoli</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• Peach Soy Yogurt</li> <li>• Fresh Cut Fruit</li> </ul>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• ED Cinnamon Oat Muffin</li> <li>• Fresh Fruit</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• ED Crispy Chicken Bites</li> <li>• WG Bun</li> <li>• Green Beans</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• Green Goddess/Celery &amp; Carrot</li> <li>• Fresh Cut Fruit</li> </ul>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• ED Berry Strata</li> <li>• Fresh Fruit</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Beef Bolognese</li> <li>• Penne</li> <li>• Mixed Vegetables</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• Tofutti and Jam Sandwich</li> <li>• Fresh Cut Fruit</li> </ul>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• ED Corn Bread Muffin</li> <li>• Fresh Fruit</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Scrambled Tofu</li> <li>• WW Bun</li> <li>• Homefries w/ onions and peppers</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• ED Sweet Potato Muffin</li> <li>• Fresh Cut Fruit</li> </ul>
<p><b>Ingredients:</b></p> <p>Br: Rice Chex</p> <p>Ln: Chicken, jasmine rice, edamame, tomato sauce, soy sauce, brown sugar, thyme, bell peppers, allspice, ginger, garlic, onions, mild chili powder, apple cider vinegar, oil, salt, pepper</p> <p>Sn: : Ww flour, bananas, brown sugar, baking soda, baking powder, soymilk, applesauce</p>	<p><b>Ingredients:</b></p> <p>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, jam</p> <p>Ln: Flatbread, Broccoli, Chicken, fresh tomato, tomato sauce, basil, parsley, oregano, garlic, salt, pepper</p> <p>Sn: Tofu, soy milk, peaches, honey</p>	<p><b>Ingredients:</b></p> <p>Br: WW flour, oats, maple, soy milk, baking soda, baking powder, brown sugar, cinnamon</p> <p>Ln: Chicken, WG Bun, Green Beans, breadcrumbs, tofutti, chili powder, garlic, honey, mustard, paprika, apple cider vinegar, oregano, parsley, salt, pepper, oil</p> <p>Sn: Olive Oil, parsley, garlic, olive oil, celery, carrots</p>	<p><b>Ingredients:</b></p> <p>Br: Berries, ww bread, soy milk, maple, brown sugar, salt</p> <p>Ln: Pasta, Beef, corn, peas, carrots, tomato sauce, basil, parsley, oregano, garlic, salt, pepper, oil,</p> <p>Sn: Tofutti, jam, ww roll</p>	<p><b>Ingredients:</b></p> <p>Br: Corn meal, whole wheat flour, baking soda, baking powder, soy milk</p> <p>Ln: Scrambled Tofu, WW Bun, potatoes, turmeric, garlic, oil, onions, bell peppers, paprika, salt, pepper</p> <p>Sn: Bananas, applesauce, honey, cinnamon</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.