

Day 1

Breakfast:

- Toasty O's
- Fresh Fruit

Lunch:

- Chicken w/ Marinara Sauce
- Penne
- Mixed Vegetable
- Fresh Fruit

Snack:

- Rice cake & Jam
- Fresh Cut Fruit

Ingredients:

Br: Toasty O's

Ln: Chicken, tomato sauce, oregano, garlic, oil, salt, pepper, penne pasta, broccoli, carrots, corn, peas, green beans, italian seasoning

Sn: Rice cake, jam

Day 2

Breakfast:

- ED Banana Bread
- Fresh Fruit

Lunch:

- Pineapple Chicken
- Brown Rice
- Bok Choy + Carrots
- Fresh Fruit

Snack:

- Pizza Bites
- Fresh Cut Fruit

Ingredients:

Br: WW flour, banana, applesauce, soy milk, baking soda, baking powder, brown sugar

Ln: Chicken, pineapples, brown sugar, vinegar, ginger, garlic, rice, bok choy, carrots, soy sauce

Sn: WW focaccia, tomato, garlic, onion, basil, olive oil, salt, black pepper

Day 3

Breakfast:

- ED Morning Glory Muffin
- Fresh Fruit

Lunch:

- Chicken Guisado
- Cilantro Brown Rice
- Red Kidney Beans
- Fresh Fruit

Snack:

- Celery and Carrot Stick w/Green Goddess
- Fresh Cut Fruit

Ingredients:

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

Ln: Chicken, oil, salt, pepper, cumin, paprika, chili powder, ancho chilis, toamto paste, cilantro, garlic, perppers, onion, vinegar, brown rice, red kidney beans

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

Day 4

Breakfast:

- ED Carrot Bread
- Fresh Fruit

Lunch:

- Steak Fajitas
- WG Tortilla
- Pico De Gallo & Black Beans
- Fresh Fruit

Snack:

- Tofutti and Jam
- Fresh Cut Fruit

Ingredients:

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

Ln: Beef, Black beans, cilantro, tomato, onions, garlic, salt, pepper, cumin, chili powder, WG tortilla, corn

Sn: Tofutti, jam, ww baguette

Day 5

Breakfast:

- ED Berry Waffles
- Fresh Fruit

Lunch:

- Pesto Chicken Flatbread
- Corn
- Fresh Fruit

Snack:

- ED Pumpkin Muffins
- Fresh Cut Fruit

Ingredients:

Br: WW flour, berries, apples, brown sugar, cinnamon, salt, baking soda, baking powder

Ln: Parsley, basil, spinach, garlic, lemon juice, olive oil, pullman bread, chicken, salt, pepper, corn

Sn: Pumpkin, ww flour, applesauce, soy milk, baking soda, baking powder

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.