



# Egg & Dairy Free Menu and Ingredients

MAY 23 - MAY 27

Mon	Tue	Wed	Thu	Fri
<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• Red Rabbit O's</li> <li>• Fresh Fruit</li> <li>• Milk</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Teriyaki 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 Free Berry Muffin</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b> Br: Toasty O's</p> <p>Ln: chicken, jasmine rice, edamame, tomato sauce, soy suace, brown sugar, thyme, bell peppers, allspice, ginger, garlic, onions, chili powder, apple cider vinegar, oil, salt pepper</p> <p>Sn: Whole wheat our, soy milk, honey, cinnamon, baking powder, baking soda, brown sugar, salt, berries, oil</p>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• Bagel + Jam</li> <li>• Fresh Fruit</li> <li>• Milk</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Chicken &amp; Tomato Flatbread</li> <li>• Broccoli</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• Strawberry Applesauce</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b> Br: E/D Free Bagel, Jam</p> <p>Ln: Flatbread, broccoli, chicken, tomato sauce, basil, parsley, oregano, garlic, salt, pepper</p> <p>Sn: Strawberries, applesauce</p>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• ED Free Berry Waffle</li> <li>• Fresh Fruit</li> <li>• Milk</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• 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 + Carrots</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b> Br: Whole wheat flour, berries, brown sugar, vanilla, cinnamon, oil, baking powder, baking soda</p> <p>Ln: Tofu, WG bun, green beans, panko, chili powder, garlic, honey, mustard, paprika, apple cider vinegar, oregano, parsley, sal, pepper, oil</p> <p>Sn: parsley, garic, olive oil, celery, carrots, garbanzo beans, salt, pepper</p>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• ED Free Pumpkin Bread</li> <li>• Fresh Fruit</li> <li>• Milk</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Beef Bolognese</li> <li>• Penne</li> <li>• Mixed Vegetable</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• Tofutti &amp; Jam Sandwich</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b> Br: Whole wheat flour, pumpkin, brown sugar, vanilla, cinnamon, oil, baking powder, baking soda</p> <p>Ln: Pasta, beef, corn, peas, carrots, tomato sauce, basil, parsley, oregano, garlic, salt, pepper, oil</p> <p>Sn: Pullman Bread, tofutti, jam</p>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• ED Free Cinnamon Strata</li> <li>• Fresh Fruit</li> <li>• Milk</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Tofu Scramble</li> <li>• WW Bun</li> <li>• Home fries w/ onions &amp; 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> Br: whole wheat flour, baking soda, baking powder, soy milk, oil, pullman bread, cinnamon, sugar</p> <p>Ln: Tofu, turmeric, WG bun, potatoes, onions, bell peppers, paprika, salt, pepper, oil</p> <p>Sn: Whole wheat flour, sweet potato, brown sugar, vanilla, cinnamon, oil, baking powder, baking soda, soy milk</p>

## 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.