

Mon	Tue	Wed	Thu	Fri
<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• Mini Bagels w/ Jam</li> </ul>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• ED Free Cranberry Waffles</li> </ul>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• ED Free Oat Muffin</li> </ul>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• ED Free yogurt w/ homemade granola</li> </ul>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• Toasty O's</li> </ul>
<p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Pesto Chicken</li> <li>• Pasta</li> <li>• Roasted Carrots</li> <li>• Fresh Fruit</li> </ul>	<p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Chicken Shwarma</li> <li>• Pita Bread</li> <li>• Herbed Kale</li> <li>• Fresh Fruit</li> </ul>	<p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Pollo Guisado</li> <li>• Cilantro Lime Rice</li> <li>• Red Kidney Beans</li> <li>• Fresh Fruit</li> </ul>	<p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Steak Fajitas</li> <li>• WW Tortilla</li> <li>• Pico De Gallo + Black Beans</li> <li>• Fresh Fruit</li> </ul>	<p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Chicken &amp; Tomato Basil Caprese</li> <li>• Flatbread</li> <li>• Corn</li> <li>• Fresh Fruit</li> </ul>
<p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• ED Free Berry Smoothie</li> </ul>	<p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• Pita wedges + hummus</li> </ul>	<p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• ED Free Banana Bread</li> </ul>	<p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• ED Free Berry Muffin</li> </ul>	<p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• ED Free Cinnamon toast sticks w/ jam</li> </ul>
<p><b>Ingredients:</b></p> <p>Br: ED Free Bagel, jam</p> <p>Ln: Chicken, basil, garlic, parsley, oil, salt, pepper, pasta, carrots, broccoli, peas, corn, oregano</p> <p>Sn: Soy milk, tofu, berries, oats, cinnamon, vanilla, sugar</p>	<p><b>Ingredients:</b></p> <p>Br: ww flour, oil, soy milk, cranberries, apples, baking soda, baking powder, cinnamon, salt, brown sugar</p> <p>Ln: Chicken, cilantro, pita bread, kale, oil, salt, pepper, lemon juice, oregano, paprika, garlic, turmeric</p> <p>Sn: Egg &amp; dairy free pita, chickpeas, lemon juice, garlic, salt, pepper, basil, red peppers</p>	<p><b>Ingredients:</b></p> <p>Br: WW flour, oats, apples, brown sugar, cinnamon, salt, baking soda, baking powder, oil, soy milk</p> <p>Ln": Chicken, red kidney beans, cilantro, lime juice, garlic, rice, tomatoes, onions, bell pepper, chili powder, tomato paste, salt, pepper, oil, cumin</p> <p>Sn: ww flour, oats, soy milk, oil, honey, cinnamon, baking powder, baking soda, brown sugar, salt, banana</p>	<p><b>Ingredients:</b></p> <p>Br: soy milk, tofu, tofutti, oats, quinoa, raisins, cinnamon, honey, sugar, vanilla, toasty o's</p> <p>Ln: Beef, WW tortilla, onions, bell peppers, onions, cilantro, black beans, garlic, paprika, cumin salt, pepper, oil</p> <p>Sn: ww flour, oil, soy milk, berries, baking soda, baking powder, cinnamon, salt, brown sugar</p>	<p><b>Ingredients:</b></p> <p>Br: Toasty O's</p> <p>Ln: Chicken, tomato, basil, flatbread, corn, salte, pepper, oil</p> <p>Sn: Pullman bread, cinnamon, honey, oil, jam</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.