

Mon	Tue	Wed	Thu	Fri
<p><b>All breakfasts are Vegetarian</b></p> <p>.</p> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Cheesy Pesto Pasta</li> <li>• Penne Pasta</li> <li>• Roasted Carrots</li> <li>• Fresh Fruit</li> </ul> <p><b>All snacks are Vegetarian</b></p>	<p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Chickpea 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>• Black Bean Guisado</li> <li>• Cilantro Lime Rice</li> <li>• Tomato Salsa</li> <li>• Fresh Fruit</li> </ul>	<p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Tofu 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>• Grilled Cheese</li> <li>• Challah Bread</li> <li>• Corn</li> <li>• Fresh Fruit</li> </ul>
<p><b>Ingredients:</b></p> <p>Ln: Mozzarella, Penne Psata, carrots, basil, oregano, parsley, garlic, salt, pepper, oil</p>	<p><b>Ingredients:</b></p> <p>Ln: Chickpea, cilantro, GF Flat bread, kale, oil, salt, pepper, lemon juice, oregano, paprika, turmeric, garlic</p>	<p><b>Ingredients:</b></p> <p>Ln: Black, red kdiney beans, cilantro, lime juice, garlic, rice, tomatoes, onions, bell pepper, chili powder, tomato paste, salt, pepper, oil, cumin</p>	<p><b>Ingredients:</b></p> <p>Ln: Tofu, WW tortilla, onions, bell peppers, onions, cilantro, black beans, garlic, paprika, cumin salt, pepper, oil</p>	<p><b>Ingredients:</b></p> <p>Ln: flour, butter, milk, salt, eggs., cheddar cheese, corn, salt, pepper</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.