

## Day 1

### Breakfast:

- Toasty O's
- Fresh Fruit

### Lunch:

- Suya Chicken
- Jolloff Rice
- Corn
- Fresh Fruit

### Snack:

- ED Cranberry Waffle
- Fresh Cut Fruit

### Ingredients:

Br: Toasty O's

Ln: Chicken, basmati rice, corn, tomato sauce, lime juice, brown sugar, nutmeg, paprika, cilantro, garlic, onion, all spice, chili powder, bell pepper, thyme, curry powder, tomato paste, ginger, salt, pepper, oil

Sn: ww flour, oil, soy milk, cranberries, apples, baking soda, baking powder, cinnamon, salt, brown sugar

## Day 2

### Breakfast:

- ED Blueberry Bagel w/ Jam
- Fresh Fruit

### Lunch:

- ED Chicken Cacciatore
- Penne Pasta
- Mixed Vegetables
- Fresh Fruit

### Snack:

- ED Overnight Oats
- Fresh Cut Fruit

### Ingredients:

Br: ED free blueberry bagel, jam

Ln: Flatebread, broccoli, Chicken, tomato, garlic, onion, chili powder, paprika, salt, black pepper, peppers, basil, pasta, carrots, corn, peas, green beans

Sn: Oats, soy milk, peaches, sugar, tofu, vanilla

## Day 3

### Breakfast:

- ED Free Berry Yogurt w/ Homemade Granola
- Fresh Fruit

### Lunch:

- Beef Taco w/ sauteed onions & peppers
- Corn Tortila
- Black bean salsa
- Fresh Fruit

### Snack:

- Tofutti and Jam Sandwich
- Fresh Cut Fruit

### Ingredients:

Br: Soy milk, tofu, berries, brown sugar, vanilla, cinnamon, quinoa, nutmeg, oil, sugar, honey, oats, raisins, toasty o's

Ln: Corn tortilla, beef, black beans, onions, peppers, tomato sauces, lime juice, cilantro, cheddar cheese, chili powder, cumin, paprika, garlic, oregano, salt, pepper, oil

Sn: Tofutti, jam, ww baguette

## Day 4

### Breakfast:

- ED Cinnamon Toast Sticks w/ Jam
- Fresh Fruit

### Lunch:

- BBQ Turkey Meatloaf
- WG Bun
- Green Beans
- Fresh Fruit

### Snack:

- ED Free Trail Mix
- Fresh Cut Fruit

### Ingredients:

Br: Pullman bread, cinnamon, sugar, maple syrup, jam

Ln: WG bun, green beans, garlic, ground turkey, brown sugar, molasses, toamto sauce, panko, onion, peppers, cinnamon, liquid hickory smoke, cumin, paprika, apple cider vinegar, mustard, salt, pepper

Sn: Toasty o's, rice cakes, chex, raisins, brown sugar, honey, maple syrup

## Day 5

### Breakfast:

- ED Berry Waffles
- Fresh Fruit

### Lunch:

- ED Chicken Pesto
- Pasta
- Broccoli
- Fresh Fruit

### Snack:

- Strawberry Applesauce
- Fresh Cut Fruit

### Ingredients:

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

Ln: Chicken, pasta, broccoli, basil, parsley, oregano, lemon juice, salt, pepper, oil

Sn: Strawberries, applesauce, cinnamon

## 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.