

Mon	Tue	Wed	Thu	Fri
<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• GF Banana Bread</li> <li>• Fresh Fruit</li> <li>• Milk</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Cheesy Pesto Pasta</li> <li>• GF Pasta</li> <li>• Roasted Carrots</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• GF Berry Smoothie</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: GF flour, oats, milk, eggs, honey, cinnamon, baking powder, baking soda, brown sugar, salt, banana</p> <p>Ln: Mozzarella, GF Psata, carrots, basil, oregano, parsley, garlic, salt, pepper, oil</p> <p>Sn: yogurt, milk, berries, oats, cinnamon, vanilla, sugar</p>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• GF Bagel + Butter</li> <li>• Fresh Fruit</li> <li>• Milk</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>Snack:</b></p> <ul style="list-style-type: none"> <li>• GF Bread + Hummus</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: Udi's GF Bread, Butter</p> <p>Ln: Chicken, cilantro, GF Flat bread, kale, oil, salt, pepper, lemon juice, oregano, paprika, turmeric, garlic</p> <p>Sn: Glutrn free pita, chickpeas, lemon juice, garlic, salt, pepper, basil, red peppers</p>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• GF Yogurt w/ Oats</li> <li>• Fresh Fruit</li> <li>• Milk</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>Snack:</b></p> <ul style="list-style-type: none"> <li>• GF French Toast Sticks</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: Yogurt, berries, vanilla, sugar, oats</p> <p>Ln: Chicken, red kdiney beans, cilantro, lime juice, garlic, rice, tomatoes, onions, bell pepper, chili powder, tomato paste, salt, pepper, oil, cumin</p> <p>Sn: GF bread, eggs, milk, sugar, cinnamon, vanilla</p>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• GF Cranberry Waffle</li> <li>• Fresh Fruit</li> <li>• Milk</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Steak Fajitas</li> <li>• Corn Tortilla</li> <li>• Pico De Gallo + Black Beans</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• GF Bread &amp; Cheese Cubes</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: GF flour, oil, milk, eggs, cranberries, apples, baking soda, baking powder, cinnamon, salt, brown sugar</p> <p>Ln: Beef, corn tortilla, onions, bell peppers, onions, cilantro, black beans, garlic, paprika, cumin salt, pepper, oil</p> <p>Sn: Mozzarella Cheese and GF baguette</p> <p><b>Ingredients:</b></p>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• Rice Chex</li> <li>• Fresh Fruit</li> <li>• Milk</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Grilled Cheese</li> <li>• GF Bread</li> <li>• Corn</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• GF Apple Muffin</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: Chex cereal</p> <p>Ln: GF bread, cheddar cheese, corn, salt, pepper</p> <p>Sn: GF flour, oil, milk, eggs, apples, baking soda, baking powder, cinnamon, salt, brown sugar</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.