

Mon	Tue	Wed	Thu	Fri
<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>• Suya Chicken</li> <li>• Jolloff Rice</li> <li>• Corn</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• GF Cranberry Muffin</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: Rice Chex</p> <p>Ln: Chicken, basmati rice, corn, tomato sauce, lime juice, brown sugar, nutmeg, paprika, cilantro, garlic, onions, allspice, chili powder, bell pepper, thyme, curry powder, tomato paste, ginger, salt, pepper, oil</p> <p>Sn: GF flour, cranberries, milk, eggs, honey, cinnamon, baking powder, baking soda, brown sugar, salt, vanilla</p>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• GF Bagel + Cream Cheese</li> <li>• Fresh Fruit</li> <li>• Milk</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• GF pasta w/ 3 Cheese Sauce</li> <li>• Mixed Vegetables</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• Peach Yogurt</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: Udi's GF Bread, Cream Cheese</p> <p>Ln: GF pasta, corn, peas, green beans, carrots, mozzarella, parmesan, ricotta cheese, tomato sauce, basil, parsley, oregano, garlic, salt, pepper</p> <p>Sn: Yogurt, peaches, vanilla, honey</p>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• Berry Yogurt w/ GF Granola</li> <li>• Fresh Fruit</li> <li>• Milk</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Beef tacos w/ sauteed onions &amp; peppers</li> <li>• Corn tortilla</li> <li>• Black bean salsa</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: Yogurt, vanilla, blueberries, strawberries, brown sugar, gf oats, raisins, chex cereal</p> <p>Ln: Corn tortilla, beef, black beans, onions, peppers, tomato sauce, lime juice, cilantro, cheddar cheese, chili powder, cumin, paprika, garlic, oregano, salt, pepper, oil</p> <p>Sn: Mozzarella Cheese and GF baguette</p>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• GF French Toast Sticks w/ Jam</li> <li>• Fresh Fruit</li> <li>• Milk</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• BBQ Turkey Meatloaf</li> <li>• GF Bun</li> <li>• Green Beans</li> <li>• Fresh Fruit</li> </ul> <p><b>Snack:</b></p> <ul style="list-style-type: none"> <li>• GF Trail Mix</li> <li>• Fresh Cut Fruit</li> </ul> <p><b>Ingredients:</b></p> <p>Br: GF bread, eggs, milk, brown sugar, vanilla, cinnamon, jam</p> <p>Ln: GF bun, gf panko, green beans, garlic, ground turkey, brown sugar, molasses, tomato sauce, eggs, onions, peppers, cinnamon, liquid hickory smoke, cumin, paprika, apple cider vinegar, mustard, salt, pepper</p> <p>Sn: Chex cereal, cinnamon, honey, butter, rice cakes, gf cheese crackers</p>	<p><b>Breakfast:</b></p> <ul style="list-style-type: none"> <li>• GF Cinnamon Bread</li> <li>• Fresh Fruit</li> <li>• Milk</li> </ul> <p><b>Lunch:</b></p> <ul style="list-style-type: none"> <li>• Mac &amp; Cheese</li> <li>• GF pasta</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></p> <p>Br: GF flour, milk, eggs, baking soda, baking powder, brown sugar, oats, maple syrup, cinnamon</p> <p>Ln: GF pasta, broccoli, heavy cream, milk, nutmeg, ricotta cheese, cheddar cheese, thyme, chili powder, parmesan cheese, salt, pepper, oil</p> <p>Sn: Strawberries, applesauce, honey, cinnamon</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—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.