

Mon

All Breakfast is Vegetarian

Lunch:

- Suya Tofu
- Joloff Rice
- Corn
- Fresh Fruit

All Snacks are Vegetarian

Ingredients:

Ln: Tofu, basmati rice, corn, tomato sauce, lime juice, brown sugar, nutmeg, paprika, cilantro, garlic, onions, allspice, chili powder, bell pepper, thyme, curry powder, tomato past, ginger, salt, pepper, oil

Tue

Lunch:

- 3 Cheese Rigatoni
- Mixed Vegetables
- Fresh Fruit

Ingredients:

Ln: Pasta, Corn, Peas, green beans, carrots, mozzarella, parmesan, ricotta cheese, tomato sauce, basil, parsley oregano, garlic, salt, pepper

Wed

Lunch:

- Black Bean Tacos w/ Sauteed Onions & Peppers
- Corn Tortillas
- Tomato Salad
- Fresh Fruit

Ingredients:

Ln: Corn tortilla, black beans, onions, peppers, tomatoes, tomato sauce, lime juice, cilantro, cheddar cheese, chii powder, cumin, paprika, garlic, oregnao, salt, pepper, oil

Thu

Lunch:

- Veggie Burger
- WG Bun
- Green Beans
- Fresh Fruit

Ingredients:

Ln: WG bun, green beans, garlic, salt, pepper, oil, chickpeas, black beans, sweet potatoes, onions, cumin, paprika

Fri

Lunch:

- Mac & Cheese
- Shells
- Broccoli
- Fresh Fruit

Ingredients:

Ln: Pasta, broccoli, heavy cream, milk, nutmeg, ricotta cheese, cheddar cheese, thyme, chili powder, parmesan cheese, salt, pepper, oil

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.