



Menu and Ingredients

Contact Red Rabbit directly for any questions at home@myredrabbit.com or by calling 866-697-3372 and pressing 0.

Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast: <ul style="list-style-type: none">• Pumpkin Bread• Whole Apple Lunch: <ul style="list-style-type: none">• Three Bean Chili• Cheddar Cheese• Corn Tortilla Chips• Fresh Cut Fruit Snack: <ul style="list-style-type: none">• Soft Whole Wheat Pretzel• Fresh Cut Fruit	Breakfast: <ul style="list-style-type: none">• Blueberry Muffin• Banana Lunch: <ul style="list-style-type: none">• Jerk Chicken• Caribbean Rice• Edamame & Corn• Fresh Cut Fruit Snack: <ul style="list-style-type: none">• Carrot Bread• Fresh Cut Fruit	Breakfast: <ul style="list-style-type: none">• Blueberry Bagel w/ Jam• Whole Apple Lunch: <ul style="list-style-type: none">• Butternut Squash Mac & Cheese• Kale• Fresh Cut Fruit Snack: <ul style="list-style-type: none">• Homemade Granola• Fresh Cut Fruit	Breakfast: <ul style="list-style-type: none">• Red Rabbit O's Cereal• Whole Pear Lunch: <ul style="list-style-type: none">• West Indies Curry Chicken (Freeze)• Caribbean Rice• Curry Potatoes• Fresh Cut Fruit Snack: <ul style="list-style-type: none">• Cheddar Cheese Cubes• Fresh Cut Fruit	Breakfast: <ul style="list-style-type: none">• Berry Waffle (Freeze)• Whole Apple Lunch: <ul style="list-style-type: none">• Beef Bolognese (Freeze)• Penne Pasta• Roasted Carrots & Peas• Fresh Cut Fruit Snack: <ul style="list-style-type: none">• Trail Mix• Fresh Cut Fruit
Ingredients: <p>Br: baking soda, baking powder, canola oil, flour, milk, brown sugar, vanilla extract, eggs, pumpkin</p> <p>Ln: paprika, onions, peppers, kidney beans, pinto beans, black beans, tomatoes, tomato sauce, chili powder, salt, pepper, cheddar cheese, corn tortillas</p> <p>Sn: unbleached enriched wheat flour, malted barley flour, soy lecithin, milk skim powder, cane sugar, canola oil</p>	Ingredients: <p>Br: cinnamon, eggs, milk, whole wheat flour, salt, baking soda, baking powder, canola oil, eggs, honey, blueberries</p> <p>Ln: chicken thighs, jalapeno, allspice, onions, salt, pepper, thyme, cinnamon, tomato paste, garlic, mustard, white vinegar, ancho chiles, ground cloves, mustard, dark brown sugar, cumin, paprika, cilantro, green olives, oil</p> <p>Sn: baking soda, baking powder, canola oil, flour, milk, brown sugar, vanilla extract, eggs, carrots</p>	Ingredients: <p>Br: New Yorker mini bagel - whole wheat flour, unbleached enriched wheat flour, water, brown sugar, malt syrup, wheat gluten, sea salt, blueberries, yeast, malt powder, molasses powder, honey powder, soybean oil, ascorbic acid, enzymes, jam</p> <p>Ln: butternut squash, cheddar cheese, cream, salt, pepper, chili powder, milk, pasta shells, paprika, kale, garlic, thyme, rosemary, oil</p> <p>Sn: crunchy granola: quinoa, nutmeg, salt, cloves, cinnamon, Toasty O's cereal, vanilla extract, rolled oats, honey, raisins, soy</p>	Ingredients: <p>Br: Toasty O's Cereal</p> <p>Ln: chicken thighs, potatoes, allspice, celery, onions, vinegar, curry powder, chili powder, thyme, garlic, ginger, canola oil, salt, black pepper, brown rice, cilantro</p> <p>Sn: Cheddar Cheese</p>	Ingredients: <p>Br: baking soda, baking powder, cinnamon, frozen blueberries, eggs, sugar, vanilla extract, whole wheat flour, butter, milk</p> <p>Ln: ground beef, penne pasta, broccoli, celery, onions, carrots, bell peppers, tomato sauce, oregano, pepper, basil, romano cheese, green olives, salt, canola oil, garlic, carrots, peas, garlic, thyme, rosemary</p> <p>Sn: Rice Chex cereal, Goldfish crackers, Toasty O's cereal, honey</p>

Stuff We Have To Say

- 1 It is the responsibility of the recipient to refrigerate all items. All items should be eaten or frozen within 3 days of receipt.
- 2 Per the USDA guidelines, all meals should only be eaten by students, and should be served with 8 oz of milk.
- 3 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.
- 4 Depending on your school agreement and federal reimbursements, you may not receive the breakfast or snack items listed above.