

Red Rabbit menu



SAMPLE

	Lunch	Afternoon Snack
MONDAY	Chinese Style Rice w/ Grilled Chicken • Veg: Veggie Rice w/ Scrambled Eggs Asian Vegetable Medley Fresh Fruit	Red Rabbit Trail Mix Fresh Fruit
	Lunch	Afternoon Snack
TUESDAY	Spaghetti & Homemade Meatballs • Veg: Spaghetti & Homemade Veggie Balls Steamed Locally Grown Green Beans Fresh Fruit	Banana Oat Muffin Fresh Fruit
<	Lunch	Afternoon Snack
WEDNESDAY	Baked Chicken Fingers • Veg: Baked Tofu Fingers Roasted Locally Grown Potato Squares Steamed Locally Grown Broccoli Fresh Fruit	Homemade Carrot Bread Fresh Fruit
	Lunch	Afternoon Snack
THURSDAY	Homemade Lasagna • Veg: Homemade Lasagna Steamed Carrots Fresh Fruit	Organic Oatmeal Cookie Fresh Fruit
	Lunch	Afternoon Snack
FRIDAY	Greek Chicken Platter • Veg: Greek Falafel Platter Fresh Salsa w/ Organic Locally Grown Tomatoes Toasted Whole Wheat Pita Wedges Fresh Fruit	Whole Wheat Soft Pretzel Honey Mustard Dip Fresh Fruit





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SAMPLE

	Lunch	Afternoon Snack
MONDAY	Latin Roasted Chicken • Veg: Latin Roasted Tofu Brown Rice Locally Grown Sweet Corn Fresh Fruit	Fresh Baked Carrot Bread Fresh Fruit
	Lunch	Afternoon Snack
TUESDAY	Pasta & Turkey Meat Sauce • Veg: Pasta w/ Veggie Bean Sauce Steamed Locally Grown Broccoli Fresh Fruit	Baked Whole Wheat Pita Chips Fresh Fruit
<	Lunch	Afternoon Snack
WEDNESDAY	Hand-Made Fish Cakes • Veg: Handmade Veggie Cakes Roasted Locally Grown Sweet Potato Squares Steamed Locally Grown Green Beans Fresh Fruit	Banana Oat Muffin Fresh Fruit
	Lunch	Afternoon Snack
THURSDAY	BBQ Chicken • Veg: BBQ Baked Beans Homemade Corn Bread Steamed Carrots Fresh Fruit	Organic Granola Bites Fresh Fruit
	Lunch	Afternoon Snack
FRIDAY	Turkey Mozzarella Sandwich On Whole Wheat Bread • Veg: Roasted Tomato Mozzarella Sandwich Organic Locally Grown Tomato Wedges & Fresh Cucumber Slices Fresh Fruit	Oatmeal Raisin Cookie Fresh Fruit

