

Red Rabbit Menu



September 22 - 26

Monday	<p><u>Breakfast</u> 3 Cheese Quiche Fresh Fruit</p> <p><u>Afternoon Snack</u> Whole Wheat Pita Wedges Homemade Hummus (tahini free)</p>	<p><u>Lunch</u> Pesto Chicken • Veg: Pesto Tofu • Tdlr: Pesto Chicken – finely diced Parmesan Pasta Steamed Broccoli Fresh Fruit</p>
Tuesday	<p><u>Breakfast</u> Whole Wheat Pancakes - w/ All-natural fruit topping Fresh Fruit</p> <p><u>Afternoon Snack</u> Homemade Trail Mix w/ dried fruit</p>	<p><u>Lunch</u> Asian Roasted Tilapia • Veg: Roasted Tofu • Tdlr: Tilapia – finely diced Steamed Brown Rice Fresh Steamed Carrots Fresh Fruit</p>
Wednesday	<p><u>Breakfast</u> Whole Wheat Bagels - w/ low-fat Neufchatel Cream Cheese Fresh Fruit</p> <p><u>Afternoon Snack</u> Mango Yogurt Smoothie</p>	<p><u>Lunch</u> Cheesy Tomato Soup – w/ diced chicken • Veg: Cheesy Tomato Soup • Tdlr: Cheesy Tomato Soup Whole Wheat Slices Baked Goldfish Crackers Fresh Fruit</p>
Thursday	<p><u>Breakfast</u> Whole Wheat French Toast Fresh Fruit</p> <p><u>Afternoon Snack</u> Vegetable Sticks w/ Yogurt Dip</p>	<p><u>Lunch</u> Homemade Meatloaf – extra lean beef • Veg: Chick Pea Vegetable Loaf • Tdlr: Homemade Meatloaf – finely cut Roasted Potato Squares Cut Corn Fresh Fruit</p>
Friday	<p><u>Breakfast</u> Strawberry Oatmeal Fresh Fruit</p> <p><u>Afternoon Snack</u> Baked Pita Chips Tdlr: Baked Goldfish Crackers</p>	<p><u>Lunch</u> Classic Mac & Cheese • Veg: Mac & Cheese • Tdlr: Mac & Cheese Garden Salad Homemade Dressing Fresh Fruit</p>