

Red Rabbit menu

October 11 – October 15



	Breakfast	Lunch
MONDAY	<p>Farm Fresh Scrambled Eggs * w/ roasted NY potato squares * Fresh Fruit</p> <p>Afternoon Snack Whole Wheat Pita Wedges w/ Homemade Hummus Dip</p>	<p>Asian Roasted Tilapia • Veg: Asian Roasted Vegetables Lo Mein Noodles Steamed NY Broccoli Florets * Fresh Fruit</p>
TUESDAY	<p>Mini Pumpkin Muffins & Vanilla Yogurt Fresh Fruit</p> <p>Afternoon Snack Homemade Local Apple-Pear Sauce *</p>	<p>Spaghetti & Meatballs • Veg: Spaghetti & Chickpea Balls Roasted NY Acorn Squash * Fresh Fruit</p>
WEDNESDAY	<p>Whole Grain Banana Bread Fresh Fruit</p> <p>Afternoon Snack Organic Oatmeal Cookies</p>	<p>Lemon Rotisserie Chicken • Veg: Grilled Tofu Roasted NY Potato Wedges * Steamed NY Cauliflower * Fresh Fruit</p>
THURSDAY	<p>Whole Wheat Pancakes w/ Fruit Topping Fresh Fruit</p> <p>Afternoon Snack Cheddar Cheese Squares Fresh Fruit Salad</p>	<p>Turkey Tacos • Veg: 3 Bean Tacos Steamed Brown Rice Roasted NY Pumpkin & Fall Corn * Fresh Fruit</p>
FRIDAY	<p>Whole Wheat Bagels w/ Local Apple Butter * Fresh Fruit</p> <p>Afternoon Snack Organic Granola Bites w/ Dried Cranberries</p>	<p>Grilled Chicken Tenders • Veg: Grilled Seasonal Vegetables Penne Pasta Sauteed Green Beans * Fresh Fruit</p>



Farm Fresh Meals for Healthy Kids

* = Locally Grown