



March 9 - 13

Egg/ Dairy Free

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Chex Cereal Cantaloupe	Mini Bagels WG w/ Tofutti Honeydew	Egg/ Dairy Free Cinnamon Biscuits Oranges	Pumpkin French Toast Bake Cantaloupe	Cinnamon Toast Sticks Fruit Compote Topping Oranges
Lunch	Teriyaki Chicken Brown Rice Sweet Corn Honeydew	Baked Pesto Chicken Whole Grain Cous Cous Seasonal Vegetables Cantaloupe	Curry Chicken Brown Rice Green Peas Pineapples	Beef Meatballs Rotini Pasta Roasted Broccoli Honeydew	Honey Mustard Chicken Wrap WG Spring Mesclun Salad Fresh Cucumber Slices Honeydew
Snack	Rice Cakes Fruit Compote Topping Honeydew	Pumpkin Bread WG Cantaloupe	Soy Strawberry Yogurt Pineapples	Cucumber Sticks Green Goddess Dressing Honeydew	Apple Cinnamon Muffin WG Oranges



myredrabbit.com
1751 Park Ave, New York, NY 10035
866.697.3372 | help@myredrabbit.com



WG=Whole Grain

A whole grain is a grain that has not had its nutrient - rich germ and bran removed, and therefore does not need enrichment. These menu items contain at least 50 per cent whole grains.



Red Rabbit is an equal opportunity employer.



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Vegetarian

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Refer to School Menu	Refer to School Menu	Refer to School Menu	Refer to School Menu	Refer to School Menu
Lunch	Teriyaki Tofu Brown Rice Sweet Corn Honeydew	Baked Pesto Chickpeas Whole Grain Cous Cous Seasonal Vegetables Cantaloupe	Red Lentil Dal Whole Grain Naan Green Peas Pineapples	Black Bean Meat balls Rotini Pasta Roasted Broccoli Honeydew	Roasted Red Pepper Wrap Spring Mesclun Salad Fresh Cucumber Slices Honeydew
Snack	Refer to School Menu	Refer to School Menu	Refer to School Menu	Refer to School Menu	Refer to School Menu



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Classic Menu

St Francis de Sales School for the Deaf

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Blueberry Bagels WG Cream Cheese Cantaloupe Low-Fat (1%), Milk	Banana Bread WG Honeydew Low-Fat (1%), Milk	Acai Yogurt Cinnamon Toasted Oat Topping WG Oranges Low-Fat (1%), Milk	Cinnamon Oat meal Cantaloupe Low-Fat (1%), Milk	Apple Cinnamon Muffin WG Oranges Low-Fat (1%), Milk
Lunch	Chicken Cacciatore Farfalle Pasta Sautéed Kale Honeydew Low-Fat (1%), Milk	Cheese & Bean Quesadilla WG Roasted Sweet Potato w/ Rosemary Chilled Sweet Corn Cantaloupe Low-Fat (1%), Milk	Chicken Alfredo Fettuccine Garlic Broccoli Pineapples Low-Fat (1%), Milk	BBQ Pulled Turkey New Orleans Style Brown Rice WG Roasted Carrots 3 Bean Salad Honeydew Low-Fat (1%), Milk	Eggplant Parmesan Whole Grain Rolls Green Peas Honeydew Low-Fat (1%), Milk
Snack					



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