



Classic Menu

Bright Beginnings NYC

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast					
Lunch	<p>Double Bean Chili Shredded Cheddar Cheese</p> <p>Baked Corn Tortillas Pepper, Tomato, Onion Garnish</p> <p>Fresh Fruit</p>	<p>Jerk Chicken Caribbean Rice</p> <p>Steamed Edamame & Corn</p> <p>Fresh Fruit</p>	<p>Butternut Squash Macaroni & Cheese Cheddar</p> <p>Sauteed Kale</p> <p>Fresh Fruit</p>	<p>West Indian Chicken Caribbean Rice</p> <p>Curry Potatoes Cilantro</p> <p>Fresh Fruit</p>	<p>Beef Bolognese Penne</p> <p>Carrots & Peas Grated Parmesan</p> <p>Fresh Fruit</p>
Snack					



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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 percent whole grains.

