

EAST

January 8-12, 2018

# RAINBOW IN MY TUMMY

## FALL & WINTER WEEK FOUR

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Wheat Cheese Toast *G *D Pineapple Tidbits Milk	Whole Wheat Cheesy Bread *D Creamy Tomato Soup *D Cucumber Sticks Milk	Whole Grain Graham Crackers *G Pumpkin Pie Yogurt *D Water <i>Infants: Diced Peaches</i>
TUESDAY	Multi-Grain Cheerios *G Orange Wedges Milk	Turkey and Veggie Brown Rice Pilaf Apple Slices Baked Sweet Potato Milk <i>V: Lentil Veggie Brown Rice Pilaf</i>	Whole Grain Trail Mix with Sunflower Seeds and Dried Fruit Sliced Fresh Pears Water
WEDNESDAY	Rise and Shine Carrot Whole Wheat Muffin *G Bananas Milk	Lemon Herb Chicken Breast Whole Wheat Bread *G Bok Choy Maple Cinnamon Beets Milk <i>V: Boiled Egg</i>	Banana Pudding Parfait: Yogurt *D Bananas Graham Cracker Sprinkles *D Water
THURSDAY	Whole Grain Waffles *G Peach Syrup Blueberries Milk	Chickpea Stew with Coconut Curry Quinoa Pilaf Spring Mix Salad Roasted Butternut Squash Milk	Whole Grain Pasta *G Mozzarella Cheese *D Marinara Dip Water <i>Infants: Tropical Fruit</i>
FRIDAY	Whole Wheat Goldfish Toast *G Blackberry Cream Cheese *D Cantaloupe Milk	Crustless Broccoli Quiche *D Whole Wheat Bread *G Yukon Gold Potato Leek Soup Carrot Sticks Milk	Roots Hummus Whole Wheat Crackers *G Water

\*G = Gluten Free option provided

V = Vegetarian option provided

DF = Dairy Free option provided

Verner is an equal opportunity provider.

Fruit and Veggie Color Groups: Red • Yellow/Orange • Blue/Purple • Green • White

