

WEST

January 8-12, 2018

# RAINBOW IN MY TUMMY

## FALL & WINTER

### WEEK FOUR

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

\*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

