

Verner
Central

October
8-12, 2018

RAINBOW IN MY TUMMY

SPRING & SUMMER

WEEK THREE

	BREAKFAST	LUNCH	SNACK
MONDAY	<p>Apple Muffin *G Tropical Fruit Cup Milk</p>	<p>Sloppy Toms on Whole Wheat Bun *G Green Beans Cucumber Sticks Milk</p>	<p>Whole Wheat Pita Strips *G Blackberry Applesauce Water</p>
TUESDAY	<p>Blueberry Bread *G Boiled Egg Honeydew Melon Milk</p>	<p>Honey Mustard Chicken Breast Quinoa Pilaf Sugar Snap Peas Strawberries Milk</p>	<p>Banana Yogurt Parfait *D Graham Cracker Sprinkles *G Water</p>
WEDNESDAY	<p>Whole Grain Kix Cereal *G Blueberries Milk</p>	<p>Cheese Quesadilla *D on Whole Wheat Tortilla *G with Avocado Dip Pinto Beans Watermelon Milk</p>	<p>Roots Hummus Whole Wheat Crackers *G Water</p>
THURSDAY	<p>Whole Grain Blueberry Muffin *G Mandarin Oranges Milk</p>	<p>Falafel with Whole Wheat Pita *G Carrot Salad Romaine and Sunflower Seed Salad with Cucumber Dressing Milk</p>	<p>Black Eyed Pea and Corn Salad Corn Tortillas *G Water</p>
FRIDAY	<p>Breakfast Parfait: Vanilla Yogurt, *D Diced Peaches, Granola Milk</p>	<p>Breakfast for Lunch! Scrambled Eggs with Cheese *D Oven Roasted Potatoes Whole Grain Biscuits *G Oranges Milk</p>	<p>Trail Mix with Dried Blueberries Tropical Fruit Water</p>

*G = Gluten Free option provided

V = Vegetarian option provided

*D = Dairy Free option provided

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