

Verner  
EAST

October  
8-12, 2018

# RAINBOW IN MY TUMMY

## SPRING & SUMMER

### WEEK THREE

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Wheat Goldfish Toast *G Fruit Spread Honeydew Melon Milk	Sloppy Toms on Whole Wheat Bun *G Green Beans Cucumber Sticks Milk V: Lentil Mushroom Sloppy Sam	Banana Yogurt Parfait *D Graham Cracker Sprinkles *G Water
TUESDAY	Life Cereal *G Blueberries Milk	Honey Mustard Chicken Breast Quinoa Pilaf Sugar Snap Peas Strawberries Milk V: Honey Mustard Tofu	Roots Hummus Whole Wheat Crackers *G Water
WEDNESDAY	Blueberry Whole Grain Muffin *G Banana Milk	Cheese Quesadilla *D on Whole Wheat Tortilla *G with Avocado Dip Pinto Beans Watermelon Milk	Black Eyed Pea and Corn Salad Corn Tortillas *G Water
THURSDAY	Whole Wheat Cheese Toast *G Sliced Peaches Milk	Falafel with Whole Wheat Pita *G Carrot Salad Romaine and Sunflower Seed Salad with Cucumber Dressing Milk	Trail Mix with Dried Blueberries Tropical Fruit Water
FRIDAY	Breakfast Parfaits: Vanilla Yogurt, *D Granola, Triple Berry Mix Milk	Breakfast for Lunch! Scrambled Eggs with Cheese *D Oven Roasted Potatoes Whole Grain Biscuits *G Oranges Milk	Whole Wheat Pasta *G Marinara Mozzarella Cheese *D Water

\*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