

Verner  
WEST

October  
8-12, 2018

# RAINBOW IN MY TUMMY

## SPRING & SUMMER

### WEEK THREE

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