

Central

Feb 11-15,
2019

RAINBOW IN MY TUMMY

FALL & WINTER WEEK TWO

	BREAKFAST	LUNCH	SNACK
MONDAY	Breakfast Bugs: Whole Grain Graham Crackers Hard Cooked Egg Mandarin Oranges Milk	Veggie and Cheese Pizza with Whole Grain Crust Spinach Salad with Raspberry Vinaigrette Orange Wedges Milk	Whole Grain Blueberry Bread Diced Peach Cups Water
TUESDAY	Whole Grain Blueberry Muffin Banana Milk	Low-Fat Hamburger Slider Whole Wheat Bun Creamy Butternut Soup Lettuce and Tomato Milk	Whole Grain Rich Soft Pretzel Honey Mustard Dip Tropical Fruit Cups Water
WEDNESDAY	Whole Grain Rice Chex Cereal Blueberries Milk	Whole Wheat Mac and Cheese Copper Carrot Coins Blueberries Milk	Whole Grain Graham Crackers Sunflower Butter Tropical Fruit Salad Water
THURSDAY	Homemade Whole Wheat Apple Spiced Muffin Diced Pears Milk	Red Beans and Brown Rice Oven Roasted Cabbage Mango Milk	Whole Grain Trail Mix with Dried Fruit and Sunflower Seeds Pineapple Tidbits Water
FRIDAY	Low Fat Cottage Cheese Mixed Berries Milk	Turkey and Bean Chili with Cheddar Whole Wheat Tortilla Oven Roasted Brussels Sprouts Corn on the Cob Milk	Pumpkin Parfait: Vanilla Yogurt Diced Peaches Cinnamon Roasted Pumpkin Seeds Water

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



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