

Verner  
EAST

Feb 11-15,  
2019

# RAINBOW IN MY TUMMY

## FALL & WINTER WEEK TWO

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Grain Rich Biscuit <sup>*G</sup> Turkey Sausage Peach Slices Milk <small>*V: Egg patty</small>	Veggie and Cheese Pizza with Whole Grain Crust <sup>*G *D</sup> Spinach Salad with Creamy Ranch Satsumas Milk	Whole Grain Rich Soft Pretzel <sup>*G</sup> Honey Mustard Dip Apple Wedges Water
TUESDAY	Whole Grain Kix Cereal Blueberries Milk	Low-Fat Hamburger Slider Whole Wheat Bun <sup>*G</sup> Creamy Butternut Soup <sup>*D</sup> Lettuce and Tomato Milk <small>*V: Veggie Slider with Cheese</small>	Whole Grain Graham Crackers <sup>*G</sup> Sunflower Butter Tropical Fruit Salad Water
WEDNESDAY	Whole Wheat Apple Spice Muffin <sup>*G</sup> Banana Milk	Whole Wheat Mac and Cheese <sup>*D *G</sup> Carrot Sticks Green Beans Milk	Whole Grain Trail Mix with Dried Fruit And Sunflower Seeds <sup>*G</sup> Pineapple Tidbits Water
THURSDAY	Whole Grain English Muffin <sup>*G</sup> Cranberry Cream Cheese <sup>*D</sup> Mixed Berries Milk	Turkey Chili with Cheddar Whole Wheat Tortilla <sup>*G</sup> Oven Roasted Red Cabbage Strawberries Milk <small>*V: Bean Chili</small>	Pumpkin Parfait: Vanilla Yogurt <sup>*G</sup> Diced Peaches Cinnamon Roasted Pumpkin Seeds Water
FRIDAY	Blueberry Oatmeal Pears Milk	Red Beans and Brown Rice Corn on the Cob Mango Milk	Pizza Roll Up: Whole Wheat Tortilla <sup>*G</sup> Mozzarella Cheese <sup>*D</sup> Marinara Water <small>Infants: Tropical Fruit</small>

\*G = Gluten Free option provided

V = Vegetarian option provided

DF = Dairy Free option provided

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