

Verner  
WEST

Feb 11-15,  
2019

# RAINBOW IN MY TUMMY

## FALL & WINTER WEEK TWO

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

\*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**



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