

Central

March 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	Mozzarella Cheese Sticks Whole Grain Goldfish Crackers Water Infants: Applesauce
TUESDAY	Whole Grain Blueberry Muffin Banana Milk	Low-Fat Hamburger Slider Whole Wheat Bun Creamy Butternut Soup Lettuce and Tomato Milk	Whole Grain Graham Crackers Sunbutter Tropical Fruit Salad Water
WEDNESDAY	Whole Grain Rice Chex Cereal Blueberries Milk	Whole Wheat Mac and Cheese Copper Carrot Coins Blueberries Milk	Whole Grain Graham Crackers Apple Slices Water
THURSDAY	Whole Wheat Bagel Low Fat Cream Cheese Peaches 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	Homemade Whole Wheat Muffin Diced Pears Milk	Turkey and Bean Chili with Cheddar Whole Wheat Tortilla Oven Roasted Brussels Sprouts Corn on the Cob Milk	Pizza Roll Up: Whole Wheat Tortilla Mozzarella Cheese Marinara Water Infants: Diced Pears

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



This Institution is an Equal Opportunity Provider.

