

Verner
EAST

March 11-15,
2019

RAINBOW IN MY TUMMY

FALL & WINTER WEEK TWO

	BREAKFAST	LUNCH	SNACK
MONDAY	<p>Whole Grain Rich Blueberry Muffin *G Diced Peaches Milk</p>	<p>Veggie and Cheese Pizza with Whole Grain Crust *G *D Spinach Salad with Honey Mustard Orange Wedges Milk</p>	<p>Whole Grain Graham Crackers *G Sunflower Butter Tropical Fruit Salad Water</p>
TUESDAY	<p>Whole Grain Rice Chex Cereal Blueberries Milk</p>	<p>Turkey and Bean Chili with Cheddar Whole Wheat Tortilla *G Oven Roasted Brussels Sprouts Corn Milk <small>*V: Bean Chili</small></p>	<p>Whole Grain Goldfish Crackers *G Apple Slices Water</p>
WEDNESDAY	<p>Blueberry Oatmeal Pears Milk</p>	<p>Whole Wheat Mac and Cheese *D *G Copper Carrot Coins Milk</p>	<p>Whole Grain Trail Mix with Dried Fruit And Sunflower Seeds *G Pineapple Tidbits Water</p>
THURSDAY	<p>Assorted Whole Wheat Muffins *G Banana Milk</p>	<p>Red Beans and Brown Rice Oven Roasted Cabbage Mango Milk</p>	<p>Pizza Roll Up: Whole Wheat Tortilla *G Mozzarella Cheese *D Marinara Water <small>Infants: Tropical Fruit</small></p>
FRIDAY	<p>Whole Grain Rich Biscuit *G Turkey Sausage Mixed Berries Milk <small>*V: Egg patty</small></p>	<p>Low-Fat Hamburger Slider Whole Wheat Bun *G Rainbow Fruit Salad Lettuce and Tomato Milk <small>*V: Veggie Slider with Cheese</small></p>	<p>Parfait: Vanilla Yogurt *G Diced Peaches Roasted Pumpkin Seeds Water</p>

*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**



This Institution is an Equal Opportunity Provider.

