

Verner
WEST

March 11-15,
2019

RAINBOW IN MY TUMMY

FALL & WINTER WEEK TWO

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