

Verner
WEST

March
19-23,
2018

RAINBOW IN MY TUMMY

FALL & WINTER WEEK TWO

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Grain Waffle *G Blueberry Syrup Sliced Pears Milk	Veggie and Cheese Pizza with Whole Grain Crust *G *D Spinach Salad with Creamy Ranch Apple Slices Milk	Sweet Potato Hummus Whole Grain Goldfish Crackers *G Water
TUESDAY	Whole Grain English Muffin *G Blueberry Cream Cheese *D Oranges Milk	Tuna Triangles *D Whole Wheat Roll *G Vegetable Soup Mango Milk	Roots Hummus Whole Wheat Crackers *G Water
WEDNESDAY	Whole Grain Rice Chex Cereal *G Peaches Milk	Whole Wheat Mac and Cheese *D *G Edamame Blueberries Milk	Blackberry Applesauce Whole Wheat Pita Strips *G Water
THURSDAY	Whole Wheat Apple Spice Muffin *G Banana Milk	Turkey Chili with Cheddar Whole Wheat Tortilla *G Oven Roasted Brussels Sprouts Corn on the Cob Milk <small>*V: Bean Chili</small>	Trail Mix with Dried Fruit And Pumpkin Seeds *G Pineapple Water
FRIDAY	Hard Cooked Egg Whole Grain Biscuit *G Strawberries Milk	BBQ Chicken Slider on a Whole Wheat Bun *G Rainbow Cole Slaw *D Lettuce and Tomato Milk <small>*V: Veggie Slider with Cheese</small>	Whole Grain Rich Soft Pretzel *G Honey Mustard Dip Orange Wedges 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



This Institution is an Equal Opportunity Provider.

