

Central

March
25-29,
2019

RAINBOW IN MY TUMMY

FALL & WINTER WEEK FOUR

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Grain Apple Muffin Mandarin Oranges Milk	Turkey and Veggie Barley Pilaf Apple Slices Baked Sweet Potato Milk	Scoop It Up Cheese Spread Whole Wheat Pita Strips Water <small>Infants: Applesauce</small>
TUESDAY	Whole Grain Alpha Bits Banana Milk	Lemon Herb Chicken Breast Whole Wheat Bread Sautéed Kale with Caramelized Onions Maple Cinnamon Beets Milk	Whole Grain Pasta Mozzarella Cheese Marinara Dip Water <small>Infants: Tropical Fruit</small>
WEDNESDAY	Whole Grain Blueberry Muffin Blueberries Milk	Turkey Cheese Rollups on Whole Wheat Tortilla Apple Slices Steamed Carrots Milk	Closed at Noon
THURSDAY	Homemade Banana Whole Wheat Muffin Diced Peach Cups Milk	Veggie and Egg Fried Brown Rice Edamame Pineapple Milk	Blackeyed Pea and Corn Salad Corn Tortilla Water
FRIDAY	Breakfast Parfait: Vanilla Yogurt Granola Diced Peaches Milk	Crustless Broccoli Quiche Whole Wheat Bread Yukon Gold Potato Leek Soup Carrot Sticks Milk	Whole Grain Trail Mix with Pumpkin Seeds and Dried Fruit Tropical Fruit Cups Water

Verner is an equal opportunity provider.

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

