

EAST

March  
25-29,  
2019

# RAINBOW IN MY TUMMY

## FALL & WINTER WEEK FOUR

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Wheat Cheese Toast *G *D Pineapple Tidbits Milk	Turkey and Veggie Barley Pilaf Apple Slices Baked Sweet Potato Milk <small>V: Lentil Veggie Barley Pilaf</small>	Whole Grain Pasta *G Mozzarella Cheese *D Marinara Dip Water <small>Infants: Tropical Fruit</small>
TUESDAY	Multi-Grain Cheerios *G Blueberries Milk	Lemon Herb Chicken Breast Whole Wheat Bread *G Spinach Salad with Ranch Oranges Milk <small>V: Baked Lemon-Herb Tofu</small>	Blackeyed Pea and Corn Salad Corn Tortilla *G Water
WEDNESDAY	Banana Whole Wheat Muffin *G Banana Milk	Sunbutter and Jelly Sandwich on Whole Grain Bread *G Baby Carrots Apple Slices Milk	Closed at Noon
THURSDAY	Breakfast Parfait: Vanilla Yogurt, *G *D Granola Diced Peaches Milk	Kabuli Chole (Chickpea Stew) Corny Cornbread *G Cucumber Sticks Pineapple Milk	Whole Grain Trail Mix with Pumpkin Seeds *G and Dried Fruit Sliced Fresh Pears Water
FRIDAY	Whole Wheat Goldfish Toast *G Cottage Cheese *D Cantaloupe Milk	Turkey Soft Taco on Whole Wheat Tortilla with Cheese *D *G Lettuce and Tomato Buttered Corn Mango Salsa Milk <small>V: Tempeh Taco</small>	Sweet Potato Hummus Whole Grain Graham Crackers *G Water

\*G = Gluten Free option provided

V = Vegetarian option provided

DF = Dairy Free option provided

Verner is an equal opportunity provider.

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

