

WEST

March  
25-29,  
2019

# RAINBOW IN MY TUMMY

## FALL & WINTER WEEK FOUR

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

