

Central

April 15-19, 2019

RAINBOW IN MY TUMMY

FALL & WINTER WEEK THREE

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Grain Apple Muffin Applesauce Milk	Whole Wheat Cheesy Bread Creamy Tomato Soup Broccoli Milk	Pumpkin Parfait: Vanilla Yogurt Diced Peaches Cinnamon Roasted Pumpkin Seeds Water
TUESDAY	Whole Grain Blueberry Bread Banana Milk	Tangy Meatloaf Whole Wheat Roll Buttery Red Potatoes Green Beans Milk	Trail Mix Diced Pears Water
WEDNESDAY	Whole Grain Rice Chex Cereal Blueberries Milk	Chickpea Stew with Coconut Curry Quinoa Pilaf Cucumber Sticks Roasted Butternut Squash Milk	Roots Hummus Whole Wheat Crackers Milk
THURSDAY	Whole Wheat Bagel Low Fat Cottage Cheese Pineapple Tidbits Milk	Baked Jerk Fish Coconut Brown Rice Jamaican Red Cabbage Mango Milk	Whole Grain Soft Pretzel Honey Mustard Dip Sugar Snap Peas Water Infants: Applesauce
FRIDAY	Whole Grain Rise and Shine Carrot Muffin Diced Peaches Milk	Turkey and Cheese Rollups Apple Wedges Carrot Sticks Milk	Closed at Noon

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