

EAST

RAINBOW IN MY TUMMY

FALL & WINTER

WEEK THREE

April
15-19,
2019

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Grain Waffle *G Blueberry Syrup Peach Slices Milk	Whole Wheat Cheesy Bread *G Tomato Cucumber Salad Green Peas Milk	Trail Mix with Dried Cranberries *G Apple Slices Water
TUESDAY	Multi-Grain Cheerios *G Blueberries Milk	Baked Jerk Fish Coconut Brown Rice Jamaican Red Cabbage Mango Milk <small>V: Baked Jerk Tofu</small>	Roots Hummus Whole Wheat Crackers *G Water
WEDNESDAY	Whole Wheat Toast *G Low-Fat Cottage Cheese *D Pineapple Tidbits Milk	Turkey Soft Taco on Whole Wheat Tortilla *G Lettuce and Tomato Corn with Peppers Mango Salsa Milk <small>V: Tempeh Taco</small>	Whole Wheat Pretzel *G Honey Mustard Sugar Snap Peas Water
THURSDAY	Whole Grain Rise and Shine Carrot Muffin *G Banana Milk	Breakfast for Lunch: Scrambled Eggs with Cheese *D Whole Grain Biscuits *G Oven Roasted Potatoes Oranges Milk	Ladybugs on a Raft: Whole Grain Graham Crackers, *G Sunbutter, Dried Cranberries Water
FRIDAY	Whole Wheat Biscuit *G Turkey Sausage Strawberries Milk <small>V: Boiled Egg</small>	Sunbutter and Jelly Sandwich on Whole Grain Bread *G Baby Carrots Apple Slices Milk	Closed at Noon

*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



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