

Verner  
EAST

April 16-20,  
2018

# RAINBOW IN MY TUMMY

## FALL & WINTER WEEK TWO

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Grain English Muffin <sup>*G</sup> Apple Butter <sup>*D</sup> Cantaloupe Milk	Turkey Chili with Cheddar Whole Wheat Tortilla <sup>*G</sup> Corn on the Cob Tropical Fruit Milk <small>*V: Bean Chili</small>	Ants on a Raft: Whole Grain Graham Crackers <sup>*G</sup> Sunbutter Raisins Water
TUESDAY	Whole Grain Rice Chex Cereal <sup>*G</sup> Peaches Milk	<b>TASTY TUESDAY:</b> Cheese Pizza with Veggie Toppings <sup>*G *D</sup> Spinach Salad with Honey Mustard Apple Slices Milk	Mix Your Own: Trail Mix with Dried Fruit And Pumpkin Seeds <sup>*G</sup> Pineapple Water
WEDNESDAY	Whole Grain Biscuit <sup>*G</sup> Turkey Sausage Fresh Strawberries Milk <small>*V: Egg Patty</small>	Red Beans and Brown Rice Oven Roasted Cabbage Mango Milk	Scoop It Up Cheese Spread <sup>*D</sup> Whole Wheat Pita Scoops <sup>*D</sup> Water <small>Infants: Tropical Fruit</small>
THURSDAY	Whole Wheat Apple Spice Muffin <sup>*G</sup> Bananas Milk	Mediterranean Chicken Whole Wheat Pita <sup>*G</sup> Romaine Salad Cucumber Ranch Dressing <sup>*D</sup> Cucumber Tomato Salad Milk	Whole Grain Rich Soft Pretzel <sup>*G</sup> Honey Mustard Dip Orange Wedges Water
FRIDAY	Blueberry Oatmeal Pears Milk	Whole Wheat Mac and Cheese <sup>*D *G</sup> Broccoli Blueberries Milk	Roots Hummus Whole Wheat Crackers <sup>*G</sup> Water

\*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