

Verner
WEST

April 16-20,
2018

RAINBOW IN MY TUMMY

FALL & WINTER WEEK TWO

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



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