

Verner
EAST

May 14-18,
2018

RAINBOW IN MY TUMMY

SPRING & SUMMER

WEEK THREE

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Wheat English Muffin *G Fruit Spread Honeydew Melon Milk	Cheese Quesadilla *D on Whole Wheat Tortilla *G with Avocado Dip Pinto Beans Watermelon Milk	Banana Yogurt Parfait *D Graham Cracker Sprinkles *G Water
TUESDAY	Life Cereal *G Blueberries Milk	Honey Mustard Chicken Breast Quinoa Pilaf Sugar Snap Peas Strawberries Milk V: Honey Mustard Tofu	White Bean Dip Whole Wheat Crackers *G Water
WEDNESDAY	Blueberry-Coconut Muffin *G Banana Milk	Falafel with Whole Wheat Pita *G Carrot Salad Romaine and Sunflower Seed Salad with Cucumber Dressing Milk	Black Eyed Pea and Corn Salad Corn Tortillas *G Water
THURSDAY	Whole Wheat Toast *G Sliced Peaches Milk	Breakfast for Lunch! Scrambled Eggs with Cheese *D Oven Roasted Potatoes Whole Grain Biscuits *G Oranges Milk	Whole Wheat Pasta *G Marinara Mozzarella Cheese *D Water
FRIDAY	Breakfast Parfaits: Vanilla Yogurt, *D Granola, Triple Berry Mix Milk	Sloppy Toms on Whole Wheat Bun *G Green Beans Carrot Sticks Milk V: Lentil Mushroom Sloppy Sam	Trail Mix with Dried Blueberries Tropical Fruit Water

*G = Gluten Free option provided

V = Vegetarian option provided

*D = Dairy Free option provided

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