

Verner  
WEST

June 11-  
15, 2018

# RAINBOW IN MY TUMMY

## SPRING & SUMMER

### WEEK THREE

	BREAKFAST	LUNCH	SNACK
MONDAY	Maple Cinnamon Oatmeal *G Orange Slices Milk	Sloppy Toms on Whole Wheat Bun *G Corn Cucumber Sticks Milk V: Lentil Mushroom Sloppy Sam	Carrot Sticks with Greek Yogurt Dill Dip *D Whole Grain Soft Pretzel *G Water
TUESDAY	Whole Wheat English Muffin *G Fruit Spread Honeydew Melon Milk	Honey Mustard Chicken Breast Quinoa Pilaf Sugar Snap Peas Strawberries Milk V: Honey Mustard Tofu	Banana Yogurt Parfait *D Graham Cracker Sprinkles *G Water
WEDNESDAY	Life Cereal *G Blueberries Milk	Cheese Quesadilla *D on Whole Wheat Tortilla *G with Avocado Dip Pinto Beans Watermelon Milk	Roots Hummus Whole Wheat Crackers *G Water
THURSDAY	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
FRIDAY	Whole Wheat Cheese Toast *G Sliced Peaches Milk	Breakfast for Lunch! Scrambled Eggs with Cheese *D Oven Roasted Potatoes Whole Grain Biscuits *G Oranges Milk	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