

Verner
EAST

July 9-13,
2018

RAINBOW IN MY TUMMY

SPRING & SUMMER

WEEK TWO

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Grain Waffles *G Strawberry Syrup Blueberries Milk	Cheese Pizza *D with Whole Wheat Crust *G Green Beans Oranges Milk	Ants on a Raft: Whole Grain Graham Crackers, *G Sunbutter, Raisins Water
TUESDAY	Multi Grain Cheerios Cereal Peaches Milk	Turkey Soft Taco on Whole Wheat Tortilla *G Lettuce and Tomato Corn on the Cob Mango Salsa Milk V: Bean Taco	Red Pepper Hummus Whole Wheat Crackers *G Water Infants: Tropical Fruit
WEDNESDAY	Lemon Raspberry Muffin *G Banana Milk	Spinach and Feta Frittata Whole Wheat Bread *G Pineapple Steamed Asparagus with Creamy Lemon Dip Milk	Carrot Sticks with Greek Yogurt Dill Dip *D Whole Grain Soft Pretzel *G Water
THURSDAY	Whole Grain Biscuit *G Egg Patty Cantaloupe Milk	Crispy Chicken Strips Tomato Couscous *G Spinach Salad with Honey Mustard Tropical Fruit Milk V: Crispy Tofu Triangles	Roasted and Caramelized Sunflower Seeds Mango Yogurt *D Water
FRIDAY	Maple Cinnamon Oatmeal *G Sliced Plums Milk	Tuna Triangles *D Whole Grain Bread *G Edamame Succotash Watermelon Milk V: Boiled Egg	Whole Wheat Pita Strips *G Blackberry Applesauce 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