

Verner  
WEST

July 9-13,  
2018

# RAINBOW IN MY TUMMY

## SPRING & SUMMER

### WEEK TWO

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