

Verner
EAST

August
6-10,
2018

RAINBOW IN MY TUMMY

SPRING & SUMMER

WEEK TWO

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Grain Waffles *G Strawberry Syrup Blueberries Milk	Veggie and Cheese Pizza *D with Whole Wheat Crust *G Green Beans Pineapple Milk	Ants on a Raft: Whole Grain Graham Crackers, *G Sunbutter, Raisins Water
TUESDAY	Whole Grain Kix Cereal Peaches Milk	Turkey Soft Taco on Whole Wheat Tortilla *G Lettuce and Tomato Corn on the Cob Mango Salsa Milk V: Lentil Taco	Cheese Sticks *D Whole Grain Goldfish Crackers *G Water Infants: Tropical Fruit
WEDNESDAY	Lemon Raspberry Muffin *G Banana Milk	Tuna Triangles *D Whole Grain Bread *G Edamame Succotash Watermelon Milk V: Boiled Egg	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 Brown Rice Spinach Salad with Honey Mustard Oranges Milk V: Crispy Tofu Triangles	Mango Yogurt *D Water
FRIDAY	Maple Cinnamon Oatmeal *G Sliced Plums Milk	Egg Salad in Whole Wheat Pita Pockets *G Lettuce Roasted Asparagus Pineapple Milk	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