

Verner  
WEST

August  
6-10,  
2018

# RAINBOW IN MY TUMMY

## SPRING & SUMMER

### WEEK TWO

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Wheat Biscuit *G Turkey Sausage Strawberries Milk V: Boiled Egg	Veggie and Cheese Pizza *D with Whole Wheat Crust *G Green Beans Pineapple Milk	Trail Mix with Dried Cranberries and Sunflower Seeds Mandarin Oranges Water
TUESDAY	Whole Grain Waffles *G Strawberry Syrup Blueberries Milk	Turkey Soft Taco on Whole Wheat Tortilla *G Lettuce and Tomato Corn on the Cob Mango Salsa Milk V: Lentil Taco	Ants on a Raft: Whole Grain Graham Crackers, *G Sunbutter, Raisins Water
WEDNESDAY	Whole Grain Kix Cereal Peaches Milk	Tuna Triangles *D Whole Grain Bread *G Edamame Succotash Watermelon Milk V: Boiled Egg	Cheese Sticks *D Whole Grain Goldfish Crackers *G Water Infants: Tropical Fruit
THURSDAY	Lemon Raspberry Muffin *G Banana Milk	Crispy Chicken Strips Brown Rice Spinach Salad with Honey Mustard Oranges Milk V: Crispy Tofu Triangles	Carrot Sticks with Greek Yogurt Dill Dip *D Whole Grain Soft Pretzel *G Water
FRIDAY	Whole Grain Biscuit *G Egg Patty Cantaloupe Milk	Egg Salad in Whole Wheat Pita Pockets *G Lettuce Roasted Asparagus Pineapple Milk	Mango Yogurt *D 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