

**Verner
Central**

**Sept 10-
14, 2018**

RAINBOW IN MY TUMMY

	BREAKFAST	LUNCH	SNACK
MONDAY	Rice Chex Cereal Tropical Fruit Milk	Taco Salad on Wheat Tortilla with Chicken, Black Beans, Lettuce , Tomato , Corn , and Cheese Fruit Milk	Whole Wheat Pita Strips Blackberry Applesauce Water
TUESDAY	Whole Grain Apple Muffin Honeydew Melon Milk	Chicken Salad with Wheat Bread and Lettuce Apples Milk	Roots Hummus Whole Wheat Crackers Water
WEDNESDAY	Breakfast Parfaits: Vanilla Yogurt, Granola, Blueberries Milk	Dragon Treats on Wheat Tortilla with Chicken, Tomato , Lettuce , and Onion Fruit Milk	Black Eyed Pea and Corn Salad Corn Tortilla Water
THURSDAY	Whole Grain Banana Muffin Banana Milk	Chef's Salad with Wheat Bread, Turkey, Boiled Egg, Lettuce , Avocado , and Tomato Milk	Trail Mix with Dried Blueberries Tropical Fruit Water
FRIDAY	Whole Grain Cinnamon Chex Cereal Diced Peaches Milk	Pizza Muffaletta on Wheat Bread with Turkey Pepperoni and Spinach Fruit Milk	Closed at Noon



Fruit and Veggie Color Groups: Red, Orange, Yellow, Blue/Purple, Green, White