

Verner  
WEST

Sept 10-14,  
2018

# RAINBOW IN MY TUMMY

## SPRING & SUMMER

### WEEK THREE

	BREAKFAST	LUNCH	SNACK
MONDAY	Maple Cinnamon Oatmeal *G Sliced Plums Milk	Sloppy Toms on Whole Wheat Bun *G Green Beans Cucumber Sticks Milk <small>V: Lentil Mushroom Sloppy Sam</small>	Whole Wheat Pita Strips *G Blackberry Applesauce Water
TUESDAY	Whole Wheat English Muffin *G Fruit Spread Honeydew Melon Milk	Honey Mustard Chicken Breast Quinoa Pilaf Sugar Snap Peas Strawberries Milk <small>V: Honey Mustard Tofu</small>	Banana Yogurt Parfait *D Graham Cracker Sprinkles *G Water
WEDNESDAY	Life Cereal *G Blueberries Milk	Cheese Quesadilla *D on Whole Wheat Tortilla *G with Avocado Dip Pinto Beans Watermelon Milk	Black Eyed Pea and Corn Salad Corn Tortillas *G Water
THURSDAY	Whole Grain Banana Muffin *G Banana Milk	Breakfast for Lunch! Scrambled Eggs with Cheese *D Oven Roasted Potatoes Whole Grain Biscuits *G Oranges Milk	Trail Mix with Dried Blueberries Tropical Fruit Water
FRIDAY	Whole Wheat Cheese Toast *G Sliced Peaches Milk	Turkey and Cheese Rollups on Whole Wheat Tortilla *G Carrot Sticks Sliced Apples Milk	Closed at Noon

\*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