

RAINBOW IN MY TUMMY

FALL & WINTER

WEEK ONE

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Grain Cereal Dried Berries Blueberries Milk	Pasta with Beef Bolognese Sauce Parmesan Roasted Cauliflower Spinach Salad with Creamy Raspberry Vinaigrette Milk	Whole Grain Graham Crackers with Sunflower Butter Pumpkin Pie Yogurt Water
TUESDAY	Whole Wheat Biscuit Orange Slices Milk	White Bean and Spinach Stew Baked Polenta Cheddar Squares Broccoli Apples Milk	Harvest Granola Parfait: Protein Rich Fruity Granola Yogurt Banana Water
WEDNESDAY	Cranberry Orange Muffin Banana Milk	Lemon Herb Chicken Breast Whole Wheat Bread Sticks Spaghetti Squash Garden Peas Milk	Ants on a Boat: Apple Wedges Sunflower Butter and Raisins Water
THURSDAY	Baked Apple Cinnamon French Toast Brown Rice Syrup Peaches Milk	Spinach Pesto Pasta Mozzarella Cheese Sticks Glazed Carrots Rainbow Fruit Salad Milk	Sweet Potato Hummus Whole Wheat Crackers Water
FRIDAY	Whole Wheat Bagel Blackberry Cream Cheese Kiwi Milk	Crustless Broccoli Quiche Yukon Gold Potato Leek Soup with Herb and Garlic Crostini Maple and Cinnamon Roasted Beets Milk	Very Berry Roll Up: Whole Wheat Tortilla Strawberries Low-Fat Cream Cheese Sliced Pears Water

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