

Central

January
7-11, 2019

RAINBOW IN MY TUMMY

FALL & WINTER WEEK ONE

	BREAKFAST	LUNCH	SNACK
MONDAY	Breakfast Parfaits: Vanilla Yogurt Diced Peaches Granola Milk	Breakfast for Lunch: Scrambled Eggs Whole Grain Biscuits Oven Roasted Potatoes Cantaloupe Milk	Whole Grain Trail Mix with Pumpkin Seeds and Dried Fruit Apple Slices Water
TUESDAY	Whole Wheat Bagel Low Fat Cream Cheese Diced Pears Milk	White Bean and Spinach Stew Corny Cornbread Carrot Coins Tropical Fruit Salad Milk	Pumpkin Pie Yogurt Whole Grain Graham Crackers Water <small>Infants: Mandarin Oranges</small>
WEDNESDAY	Whole Grain Kix Cereal Blueberries Milk	Whole Wheat Pasta with Turkey Bolognese Parmesan Roasted Cauliflower Romaine Salad with Creamy Ranch Dressing Milk	Blackberry Applesauce Whole Wheat Pita Strips Water
THURSDAY	Homemade Cranberry Orange Muffin Banana Milk	Tuna Triangles Whole Wheat Bread Vegetable Soup Oranges Milk	Mozzarella Cheese Sticks Whole Grain Goldfish Crackers Water <small>Infants: Diced Peaches</small>
FRIDAY	Whole Grain Rich Apple Muffin Tropical Fruit Milk	Sweet and Sour Chicken Brown Rice Broccoli Pineapple Milk	Roots Hummus Whole Wheat Crackers Water

Verner is an equal opportunity provider.

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

