

Verner  
EAST

January  
7-11, 2019

# RAINBOW IN MY TUMMY

## FALL & WINTER WEEK ONE

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Wheat English Muffin *G Low Fat Cream Cheese *D Peach Slices Milk	Breakfast for Lunch: Scrambled Eggs Whole Grain Biscuits *G Oven Roasted Potatoes Oranges Milk	Pumpkin Pie Yogurt *D Whole Grain Graham Crackers *G Water <small>Infants: Tropical Fruit</small>
TUESDAY	Whole Grain Kix Cereal Blueberries Milk	White Bean and Spinach Stew Corn Cornbread *G Carrot Coins Tropical Fruit Salad Milk	Blackberry Apple Sauce Whole Wheat Pita Strips *G Water
WEDNESDAY	Cranberry Orange Whole Wheat Muffin *G Banana Milk	Turkey Meatball Subs on Whole Grain Bun *G Parmesan Roasted Cauliflower *D Spring Mix Salad with Honey Mustard Dressing *D Milk <small>V: Veggie Meatball Subs</small>	Mozzarella Cheese Sticks *D Whole Grain Goldfish Crackers *G Water <small>Infants: Diced Peaches</small>
THURSDAY	Maple Cinnamon Oatmeal Strawberries Milk	Tuna Triangles *D Whole Wheat Bread *G Vegetable Soup Oranges Milk <small>V: Boiled Egg</small>	Roots Hummus Whole Wheat Crackers *G Water
FRIDAY	Whole Grain Waffle *G Peach Syrup Sliced Pears Milk	BBQ Chicken Sliders on Whole Wheat Bun *G Brown Rice Broccoli Pineapple Milk <small>V: BBO Tofu Slider</small>	Ants on a Boat: Apple Wedges Sunflower Butter And Raisins Water

\*G = Gluten Free option

V = Vegetarian option provided

\*D = Dairy Free option

Verner is an equal opportunity provider.

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

