

Verner
WEST

January
7-11, 2019

RAINBOW IN MY TUMMY

FALL & WINTER WEEK ONE

	BREAKFAST	LUNCH	SNACK
MONDAY	Breakfast Parfait: Vanilla Yogurt, *G *D Granola Diced Peaches Milk	Breakfast for Lunch: Scrambled Eggs Whole Grain Biscuits *G Oven Roasted Potatoes Oranges Milk	Whole Grain Trail Mix with Pumpkin Seeds *G and Dried Fruit Apple Slices Water
TUESDAY	Whole Wheat English Muffin *G Low Fat Cream Cheese *D Peach Slices Milk	White Bean and Spinach Stew Corny Cornbread *G Carrot Coins Tropical Fruit Salad Milk	Pumpkin Pie Yogurt *D Whole Grain Graham Crackers *G Water <small>Infants: Tropical Fruit</small>
WEDNESDAY	Whole Grain Kix Cereal Blueberries 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>	Blackberry Apple Sauce Whole Wheat Pita Strips *G Water
THURSDAY	Cranberry Orange Whole Wheat Muffin *G Banana Milk	Tuna Triangles *D Whole Wheat Bread *G Vegetable Soup Oranges Milk <small>V: Boiled Egg</small>	Mozzarella Cheese Sticks *D Whole Grain Goldfish Crackers *G Water <small>Infants: Diced Peaches</small>
FRIDAY	Maple Cinnamon Oatmeal Strawberries Milk	BBQ Chicken Sliders on Whole Wheat Bun *G Brown Rice Broccoli Pineapple Milk <small>V: BBQ Tofu Slider</small>	Roots Hummus Whole Wheat Crackers *G 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

