

Verner
Central

November
5-9, 2018

RAINBOW IN MY TUMMY

FALL & WINTER WEEK ONE

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Grain Rich Blueberry Bread Mandarin Oranges Milk	Breakfast for Lunch: Scrambled Eggs Whole Grain Biscuits Oven Roasted Potatoes Cantaloupe Milk	Whole Wheat Pita Strips Blackberry Applesauce Water
TUESDAY	Whole Grain Rice Chex Diced Peaches Milk	White Bean and Spinach Stew Corny Cornbread Carrot Coins Tropical Fruit Salad Milk	Pumpkin Pie Yogurt Whole Grain Graham Crackers Water
WEDNESDAY	Whole Grain Rich Apple Spice Waffle Blueberries Milk	Whole Wheat Pasta with Turkey Bolognese Parmesan Roasted Cauliflower Romaine Salad with Creamy Ranch Dressing Milk	Whole Grain Rich Soft Pretzels Honey Mustard Dip Mandarin Oranges Water
THURSDAY	Cranberry Orange Whole Wheat Muffin Banana Milk	Tuna Triangles Whole Wheat Bread Vegetable Soup Oranges Milk	Mozzarella Cheese Sticks Whole Grain Goldfish Crackers Water
FRIDAY	Breakfast Parfaits: Vanilla Yogurt, Strawberries, Granola 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

