

Verner
EAST

November
5-9, 2018

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 Cantaloupe 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 Corny Cornbread *G Carrot Coins Tropical Fruit Salad Milk	Whole Grain Rich Soft Pretzels *G Honey Mustard Dip Sliced Pears Water
WEDNESDAY	Cranberry Orange Whole Wheat Muffin *G Banana Milk	BBQ Chicken Slider on Whole Wheat Bun *G Lettuce and Tomato Corn on the Cob Milk <small>V: BBQ Lentil Slider</small>	Mozzarella Cheese Sticks *D Whole Grain Goldfish Crackers *G Water <small>Infants: Diced Peaches</small>
THURSDAY	Maple Cinnamon Oatmeal Strawberries Milk	Sweet and Sour Chicken Brown Rice Broccoli Pineapple Milk <small>V: Sweet and Sour Blackeyes</small>	Roots Hummus Whole Wheat Crackers *G Water
FRIDAY	Whole Grain Waffle *G Peach Syrup Sliced Pears Milk	Whole Wheat Cheesy Bread *G *D Vegetable Soup Oranges Milk	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

