

Central

Dec 3-7,
2018

RAINBOW IN MY TUMMY

FALL & WINTER WEEK ONE

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Grain Rich Blueberry Muffin Cottage Cheese Diced Peaches Milk	Breakfast for Lunch: Scrambled Eggs Whole Grain Biscuits Oven Roasted Potatoes Cantaloupe Milk	Sweet Potato Hummus Whole Wheat Crackers Water
TUESDAY	Whole Wheat Bagel Low Fat Cream Cheese Banana Milk	White Bean and Spinach Stew Corny Cornbread Carrot Coins Tropical Fruit Salad Milk	Pumpkin Pie Yogurt Whole Grain Graham Crackers Water <small>Infants: Tropical Fruit</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	Whole Wheat Banana Muffin Strawberries Milk	Tuna Triangles Whole Wheat Bread Vegetable Soup Oranges Milk	Mozzarella Cheese Sticks Whole Grain Goldfish Crackers Water <small>Infants: Applesauce</small>
FRIDAY	Breakfast Parfaits: Vanilla Yogurt Diced Peaches 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**

