

Verner
EAST

December
3-7, 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 Oranges Milk	Pumpkin Pie Yogurt *D Whole Grain Graham Crackers *G Water <small>Infants: Tropical Fruit</small>
TUESDAY	Whole Grain Kix Cereal Blueberries Milk	Sweet and Sour Chicken Brown Rice Broccoli Pineapple Milk <small>V: Sweet and Sour Blackeyes</small>	Blackberry Apple Sauce Whole Wheat Pita Strips *G Water
WEDNESDAY	Maple Cinnamon Oatmeal Strawberries Milk	White Bean and Kale Stew Corny Cornbread *G Carrot Coins Tropical Fruit Salad Milk	Mozzarella Cheese Sticks *D Whole Grain Goldfish Crackers *G Water <small>Infants: Diced Peaches</small>
THURSDAY	Whole Grain Waffle *G Peach Syrup Sliced Pears 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	Assorted Whole Wheat Muffins *G Banana Milk	Family Feast! Roasted Turkey Green Beans Whole Wheat Roll *G Sweet Potato Apple Bake Cranberry Sauce Milk <small>V: White Bean and Kale Stew</small>	Ants on a Raft: Graham Crackers 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

