

Verner
WEST

December
3-7, 2018

RAINBOW IN MY TUMMY

FALL & WINTER WEEK ONE

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Wheat Goldfish Toast *G Cottage Cheese *D Oranges Milk	Breakfast for Lunch: Scrambled Eggs Whole Grain Biscuits *G Oven Roasted Potatoes Oranges Milk	Sweet Potato Hummus Whole Grain Graham Crackers *G Water
TUESDAY	Whole Wheat English Muffin *G Low Fat Cream Cheese *D Peach Slices Milk	Sweet and Sour Chicken Brown Rice Broccoli Pineapple Milk <small>V: Sweet and Sour Blackeyes</small>	Pumpkin Pie Yogurt *D Whole Grain Graham Crackers *G Water <small>Infants: Tropical Fruit</small>
WEDNESDAY	Whole Grain Kix Cereal Blueberries Milk	White Bean and Kale Stew Corny Cornbread *G Carrot Coins Tropical Fruit Salad Milk	Blackberry Apple Sauce Whole Wheat Pita Strips *G Water
THURSDAY	Maple Cinnamon Oatmeal Strawberries 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	Whole Grain Waffle *G Peach Syrup Sliced Pears Milk	Build Your Own Sub: Whole Grain Rich Sub Bun *G Turkey and Cheese *D Lettuce and Tomato Apple Slices Baby Carrots Milk	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**

