

Verner  
Central

January 23-27  
2023

# RAINBOW IN MY TUMMY

## FALL & WINTER

### WEEK FOUR

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Grain Biscuit Turkey Sausage Tropical Fruit (pineapple, papaya) Milk	Sloppy Toms Whole Wheat Slider Bun *G Roasted Carrots Mandarin Oranges Milk V: tvp turkey	Broccoli Trees With Ranch dip Whole Grain Goldfish Crackers *G Water
TUESDAY	Whole Wheat English Muffin *G Apple Butter Pineapple Tidbits Milk	Sweet & Sour Chicken Roasted Broccoli Pineapple Milk V:	Ladybugs on a Raft: Whole Grain Grahams *G Sunbutter *D Dried Cranberries Water
WEDNESDAY	Multi-Grain Cheerios*G Blueberries Milk	Turkey & Veggie Pilaf*V w/ Barley *G Apples Baked Sweet Potato Milk V:Veggie Pilaf	Berry Applesauce Whole Grain Graham Bugs *G Water
THURSDAY	Breakfast Parfait: Vanilla Yogurt, Granola *G *D Diced Peaches Milk	Broccoli Frittata*D Whole Wheat Roll*G Potato & Leek Soup Peaches Milk	Blackeyed Pea and Corn Salad Whole Grain Tortilla *G Water
FRIDAY	Banana Whole Wheat Muffin *G Banana Milk	Black Bean & Cheese Taco *D Whole Wheat Tortilla *G Corn, Avocado Dip Mandarin Oranges Milk	Whole Grain Trail Mix with Dried Cranberries and Pumpkin Seeds *G Sliced Fresh Pears Water

All yogurt contains less than 23 grams of sugar per 6 oz. serving.

Fruit and Veggie Color Groups: Red • Yellow/Orange • Blue/Purple • Green • White  
Unflavored Milk Served

1 year olds: Whole  
2-5 year olds: 1%



Verner is an equal  
opportunity  
provider.