

Verner
EAST

February
12-16, 2018

RAINBOW IN MY TUMMY

FALL & WINTER WEEK ONE

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Wheat Biscuit * _G Apple Butter Orange Slices Milk	Red Beans and Brown Basmati Rice Oven Roasted Cabbage Diced Peaches Milk	Carrot Ginger Spread * _D Whole Grain Graham Crackers * _G Water
TUESDAY	Whole Grain Kix Cereal * _G Blueberries Milk	Tangy Meatloaf Whole Wheat Roll * _G Buttery Red Potatoes * _D Sautéed Kale with Caramelized Onions Milk <small>V: Veggie Burger with Cheese</small>	Blackberry Apple Sause Whole Wheat Pita Strips * _G Water
WEDNESDAY	Assorted Whole Wheat Muffins * _G Banana Milk	Tuna Triangles * _D Whole Grain Bread * _G Edamame Mango Milk <small>V: Cheese Sticks</small>	Mozzarella Cheese Sticks * _D Whole Grain Goldfish Crackers * _G Water
THURSDAY	Maple Cinnamon Oatmeal Strawberries Milk	Breakfast for Lunch: Scrambled Eggs Whole Grain Biscuits * _G Oven Roasted Potatoes Cantaloupe Milk	Ants on a Boat: Apple Wedges Sunflower Butter And Raisins Water
FRIDAY	Whole Grain Waffle * _G Blueberry Syrup Sliced Pears Milk	Sweet and Sour Chicken Brown Rice Sugar Snap Peas Pineapple Milk <small>V: Sweet and Sour Blackeyes</small>	Banana Pudding Parfait: Yogurt * _D Bananas Whole Grain Graham Cracker Sprinkles * _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**

