

Verner  
WEST

February  
12-16, 2018

# RAINBOW IN MY TUMMY

## FALL & WINTER WEEK ONE

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Wheat Goldfish Toast <sup>*G</sup> Blackberry Cream Cheese <sup>*D</sup> Cantaloupe Milk	Red Beans and Brown Basmati Rice Oven Roasted Cabbage Diced Peaches Milk	Whole Grain Gold Fish Crackers <sup>*G</sup> Tropical Fruit Water
TUESDAY	Whole Wheat Biscuit <sup>*G</sup> Apple Butter Orange Slices Milk	Tangy Meatloaf Whole Wheat Roll <sup>*G</sup> Buttery Red Potatoes <sup>*D</sup> Sautéed Kale with Caramelized Onions Milk <small>V: Veggie Burger with Cheese</small>	Carrot Ginger Spread <sup>*D</sup> Whole Grain Graham Crackers <sup>*G</sup> Water
WEDNESDAY	Whole Grain Kix Cereal <sup>*G</sup> Blueberries Milk	Tuna Triangles <sup>*D</sup> Whole Grain Bread <sup>*G</sup> Edamame Mango Milk <small>V: Cheese Sticks</small>	Blackberry Apple Sause Whole Wheat Pita Strips <sup>*G</sup> Water
THURSDAY	Assorted Whole Wheat Muffins <sup>*G</sup> Banana Milk	Breakfast for Lunch: Scrambled Eggs Whole Grain Biscuits <sup>*G</sup> Oven Roasted Potatoes Cantaloupe Milk	Mozzarella Cheese Sticks <sup>*D</sup> Whole Grain Goldfish Crackers <sup>*G</sup> Water
FRIDAY	Maple Cinnamon Oatmeal Strawberries Milk	Sweet and Sour Chicken Brown Rice Sugar Snap Peas Pineapple Milk <small>V: Sweet and Sour Blackeyes</small>	Ants on a Boat: Apple Wedges 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

