

Verner
EAST

March 12-16,
2018

RAINBOW IN MY TUMMY

FALL & WINTER WEEK ONE

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Wheat Biscuit *G Apple Butter Orange Slices Milk	Sweet and Sour Chicken Brown Rice Stir Fried Broccoli Pineapple Milk <small>V: Sweet and Sour Blackeyes</small>	Banana Pudding Parfait: Yogurt *D Bananas Graham Cracker Sprinkles *G Water
TUESDAY	Whole Grain Kix Cereal *G Blueberries Milk	Beef Sloppy Joes on Whole Wheat Slider Buns *G Corn on the Cob Carrot Sticks Milk <small>V: Lentil Sloppy Joes</small>	Ants on a Boat: Apple Wedges Sunflower Butter And Raisins Water
WEDNESDAY	Maple Cinnamon Oatmeal Strawberries Milk	White Bean and Spinach Stew Corny Cornbread Sugar Snap Peas Fresh Pears Milk	Carrot Ginger Spread *D Whole Grain Graham Crackers *G Water
THURSDAY	Cranberry Orange Whole Wheat Muffin *G Banana Milk	Tuna Triangles *D Whole Wheat Bread *G Vegetable Soup Oranges Milk <small>V: Cheese Sticks</small>	Blackberry Apple Sauce Whole Wheat Pita Strips *G Water
FRIDAY	Whole Grain Waffle *G Blueberry Syrup Sliced Pears Milk	Breakfast for Lunch: Scrambled Eggs Whole Grain Biscuits *G Oven Roasted Potatoes Cantaloupe Milk	Sweet Potato Hummus Whole Grain Goldfish 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

rainbow
• IN • MY • TUMMY •

