

Verner  
Central

March  
9-13 2020

# RAINBOW IN MY TUMMY

## FALL & WINTER

### WEEK THREE

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Grain Cinnamon Chex Cereal  Pears  Milk	Whole Wheat Cheesy Bread *G *D Creamy Tomato Soup Broccoli Milk	Pumpkin Parfait: Vanilla Yogurt *D Diced Peaches Cinnamon Roasted Pumpkin Seeds Water
TUESDAY	Whole Grain Waffle *G Blueberry Syrup Peaches Milk	Kabuli Chole (Chickpea Stew) Corny Cornbread Spinach Salad with Ranch Pineapple Milk	Red Pepper Hummus Whole Wheat Crackers *G Water
WEDNESDAY	Whole Grain Kix Cereal *G Blueberries Milk	Baked Jerk Fish Coconut Brown Rice Jamaican Red Cabbage Mango Milk V: Baked Jerk Tofu	Carrot Sticks with Greek Dill Dip *D Whole Grain Soft Pretzel *G Water
THURSDAY	Whole Wheat Pumpkin Muffins *G Banana Milk	Crispy Chicken Strips Whole Wheat Bread *G Oranges Spring Mix Salad with Honey Mustard Milk V: cheese sticks	Sweet and Salty Mix *G Pears Water
FRIDAY	Whole Grain Blueberry Bread Pineapple, Papaya Milk	Sunbutter and Jelly on Whole Grain Rich Bread *G Carrots Apple Slices Milk	Closed at noon

\*G = Gluten Free option

\*V = Vegetarian option

\*D = Dairy Free option

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

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

Unflavored Milk Served  
 1 year olds: Whole  
 2-5 year olds: 1%



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 opportunity provider.