

Verner  
EAST

March  
9-13 2020

**RAINBOW IN MY TUMMY**  
**FALL & WINTER**  
**WEEK THREE**

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Grain Waffle *G Blueberry Syrup Peach Slices Milk	Whole Wheat Cheesy Bread *G *D Creamy Tomato Soup Broccoli Milk	Red Pepper Hummus Whole Wheat Crackers *G Water
TUESDAY	Whole Grain Life Cereal *G Blueberries Milk	Kabuli Chole (Chickpea Stew) Corny Cornbread Spinach Salad with Ranch Pineapple Milk	Carrot Sticks with Greek Dill Dip *D Whole Grain Soft Pretzel *G Water
WEDNESDAY	Whole Wheat Pumpkin Muffins *G Banana Milk	Baked Jerk Fish Coconut Brown Rice Jamaican Red Cabbage Mango Milk V: Baked Jerk Tofu	Sweet and Salty Mix *G Apple Slices Water
THURSDAY	Cranberry Orange Oatmeal Pineapple, Papaya Milk	Crispy Chicken Strips Whole Wheat Bread *G Oranges Spring Mix Salad with Honey Mustard Milk V: cheese sticks	Scoop It Up Cheese Spread *D Whole Wheat Pita Strips *G Water Infants: Tropical Fruit
FRIDAY	Whole Grain Graham Cracker Bugs *G Low Fat Cottage Cheese *D Blueberries 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%



Verner is an equal opportunity provider.