

Verner  
EAST

January  
23-27,  
2023

# RAINBOW IN MY TUMMY

## FALL & WINTER

### WEEK FOUR

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Wheat English Muffin *G Apple Butter Pineapple Tidbits Milk	Breakfast for Lunch: Scrambled Eggs with Cheese Oven Roasted Potatoes Whole Grain Biscuits Satsuma Mandarins Milk	Ladybugs on a Raft: Whole Grain Grahams Sunbutter Dried Cranberries *D Water
TUESDAY	Multi-Grain Cheerios*G Blueberries Milk	Turkey and Veggie Barley Pilaf Apple Slices Baked Sweet Potato Milk V: Lentil Veggie Barley Pilaf	Berry Applesauce Whole Grain Graham Buds *G Water
WEDNESDAY	Breakfast Parfait: Vanilla Yogurt, Granola, Diced Peaches Milk	Tangy Meatloaf*V Whole Wheat Roll *G Sautéed Kale with Caramelized Onions Strawberries Milk V: Tangy Beyond Loaf	Black-Eyed Pea and Corn Salad Whole Wheat Tortillas *G Water
THURSDAY	Banana Whole Wheat Muffin Banana	Red Beans and Brown Rice Oven Roasted Cabbage Mango Milk	Whole Grain Trail Mix with Dried Cranberries and Pumpkin Seeds *G Sliced Fresh Pears Water
FRIDAY	Whole Grain Waffle *G Blueberry Syrup Cantaloupe Milk	Crustless Spinach Quiche *D Whole Wheat Bread *G Yukon Gold Potato Leek Soup Cucumber Sticks Milk	Whole Grain Soft Pretzel Bites Honey Mustard Dip Carrot Sticks Water

\*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. serving.

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



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