

Verner  
Central

2022  
11/21 - 11/25

# RAINBOW IN MY TUMMY

## FALL & WINTER

### WEEK FOUR

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Grain Rich Biscuit *G Egg Patty Tropical Fruit (Pineapple, Papaya) Milk	Sloppy Toms Whole Wheat Slider Bun *G Roasted Carrots Mandarin Oranges Milk V: tvp turkey	Ladybugs on a Raft: Whole Grain Graham Crackers *G Sunbutter And Craisins Water
TUESDAY	Whole Wheat English Muffin *G Apple Butter Mandarin Oranges Milk	Sweet & Sour Chicken Roasted Broccoli Pineapple Milk V:	Whole Grain Graham Crackers *G Carrot Ginger Spread *D Water
WEDNESDAY	Verner		
THURSDAY	Closed		
FRIDAY	For Holiday		

\*G = Gluten Free option

\*V = Vegetarian option

\*D = Dairy Free option

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

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



*Verner is an equal opportunity provider.*

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