

Verner
Central

Jan 11-15
2021

RAINBOW IN MY TUMMY

FALL & WINTER WEEK ONE

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Grain Chex Cereal *G Mixed Fruit Cup Milk	Whole Wheat Cheesy Bread *G *D Creamy Tomato Soup Peas and Carrots Milk	Whole Grain Graham Crackers *G Sunbutter Pineapple Tidbits Water
TUESDAY	Whole Grain Blueberry Bread Peaches Milk	White Bean and Kale Stew Corny Cornbread *G Carrot Coins Tropical Fruit Salad Milk	Sweet and Salty Cereal Mix *G Apple Slices Water
WEDNESDAY	Whole Grain Kix Cereal Blueberries Milk	Sweet and Sour Chicken Brown Rice Broccoli Pineapple Milk <small>V: Sweet and Sour Blackeyes</small>	Pumpkin Pie Yogurt *D Whole Grain Graham Crackers *G Water <small>Infants: Diced Peaches</small>
THURSDAY	Whole Grain Rich Biscuits *G Turkey Sausage Strawberries Milk	Baked Jerk Fish Coconut Brown Rice Jamaican Red Cabbage Mango Milk <small>V: Baked Jerk Tofu</small>	Blackberry Applesauce Whole Wheat Pita Strips *G Water
FRIDAY	Cranberry Orange Whole Wheat Muffin *G Banana Milk	Whole Wheat Pasta *G with Turkey Meatballs Parmesan Roasted Cauliflower Romaine Salad with Creamy Ranch Dressing Milk	Hummus Whole Wheat Crackers *G Water
	<small>*G = Gluten Free option</small>	<small>V = Vegetarian option provided</small>	<small>*D = Dairy Free option</small>

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

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.