

Verner  
EAST

Jan 11-15  
2021

# RAINBOW IN MY TUMMY

## FALL & WINTER WEEK ONE

	BREAKFAST	LUNCH	SNACK
MONDAY	Maple Cinnamon Oatmeal *G Sliced Peaches Milk	Whole Wheat Cheesy Bread *G *D Creamy Tomato Soup Peas and Carrots Milk	Sweet and Salty Cereal Mix *G Apple Slices Water
TUESDAY	Whole Grain Kix Cereal Blueberries Milk	White Bean and Kale Stew Corny Cornbread *G Carrot Coins Tropical Fruit Salad Milk	Pumpkin Pie Yogurt *D Whole Grain Graham Crackers *G Water <small>Infants: Diced Peaches</small>
WEDNESDAY	Whole Wheat Cheese Toast *G Strawberries Milk	Sweet and Sour Chicken Brown Rice Broccoli Pineapple Milk <small>V: Sweet and Sour Blackeyes</small>	Blackberry Applesauce Whole Wheat Pita Strips *G Water
THURSDAY	Cranberry Orange Whole Wheat Muffin *G Banana Milk	Baked Jerk Fish Coconut Brown Rice Jamaican Red Cabbage Mango Milk <small>V: Baked Jerk Tofu</small>	Hummus Whole Wheat Crackers *G Water
FRIDAY	Whole Grain Waffle *G Peach Syrup Sliced Pears Milk	Whole Wheat Pasta *G with Turkey Meatballs Parmesan Roasted Cauliflower Romaine Salad with Creamy Ranch Dressing Milk	Ants on a Raft: Whole Grain Graham Crackers *G Sunbutter And Raisins Water <small>Infants: Mandarin Oranges</small>

\*G = Gluten Free option

V = Vegetarian option provided

\*D = Dairy Free option

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%



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