

Verner
WEST

Jan 11-15
2021

RAINBOW IN MY TUMMY

FALL & WINTER WEEK ONE

| | BREAKFAST | LUNCH | SNACK |
|-----------|--|---|--|
| MONDAY | Whole Grain Rich Biscuit *G Turkey Sausage Mixed fruit cup Milk V: Egg Patty | Whole Wheat Cheesy Bread *G *D Creamy Tomato Soup Peas and Carrots Milk | Whole Grain Graham Crackers *G Sunbutter Pineapple Tidbits Water |
| TUESDAY | Maple Cinnamon Oatmeal *G Sliced 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 V: Sweet and Sour Blackeyes | Pumpkin Pie Yogurt *D Whole Grain Graham Crackers *G Water Infants: Diced Peaches |
| THURSDAY | Whole Wheat Cheese Toast *G Strawberries Milk | Baked Jerk Fish Coconut Brown Rice Jamaican Red Cabbage Mango Milk V: Baked Jerk Tofu | 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 |

*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%



Verner is an equal opportunity provider.