

Verner
EAST

November 29 –
December 3rd

RAINBOW IN MY TUMMY

FALL & WINTER WEEK ONE

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Grain Waffle *G Peach Syrup Sliced Peaches Milk	Cheese Pizza with Whole Grain Crust *G *D Spinach Salad with Italian Dressing Orange Wedges Milk	Sweet and Salty Cereal Mix *G Apple Slices Water
TUESDAY	Whole Grain Kix Cereal Blueberries Milk	Whole Wheat Pasta *G with Turkey Bolognese Parmesan Roasted Cauliflower Romaine Salad with Creamy Ranch Dressing Milk	Pumpkin Pie Yogurt *D Whole Grain Graham Crackers *G Water <small>Infants: Tropical fruit</small>
WEDNESDAY	Maple Cinnamon Oatmeal Cantaloupe Milk	Spinach Feta Frittata *D Whole Wheat Bread *G Creamy Tomato Soup Sliced Pears Milk	Berry 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>	Black-Eyed Pea and Corn Salad Whole Wheat Tortillas *G Water
FRIDAY	Whole Wheat Toast *G Apple Butter Hard Cooked Eggs Strawberries Milk	Tandori Chicken Quinoa Pilaf Broccoli Pineapple <small>V: Tandori Tempeh</small>	Ants on a Raft: Whole Grain Graham Crackers *G Sunbutter And Raisins 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%



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