

Verner  
Central

January  
10 -14, 2022

# RAINBOW IN MY TUMMY

## FALL & WINTER WEEK TWO

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Grain Waffle *G Peach Syrup *D Diced Pears Milk	Turkey and Bean Chili with Cheddar *D Whole Wheat Tortilla *G Oven Roasted Cabbage Corn Milk V: Bean Chili	Ants on a Raft: Whole Grain Graham Crackers *G Sun butter and Raisins Water Infants : Mandarin Oranges
TUESDAY	Whole Grain Blueberry Bread *G Peaches Milk	Veggie and Egg Fried Brown Rice Broccoli Pineapple Milk	Whole Grain Rich Soft Pretzel *G Honey Mustard Dip Apple Wedges Water
WEDNESDAY	Whole Grain Kix Cereal Blueberries Milk	Whole Wheat Mac n Cheese *D *G Copper Carrot Coins Spring Mix Salad with Italian Dressing	Red Pepper Hummus Dip Cucumber Coins Bean and Vegetable Crackers Water
THURSDAY	Whole Wheat Apple Spice Muffin *G Banana Milk	Red Beans and Brown Rice Oven Roasted Brussel Sprouts Mango Milk	Sweet and Salty Cereal Mix Orange Slices Water
FRIDAY	Whole Grain Rich Biscuit *G Egg Patty Sliced Pears Milk	Whole Wheat Pasta w/ Turkey Bolognese *G Parmesan Roasted Cauliflower *D Apple Slices Milk	Raspberry Parfait: Vanilla Yogurt *D Raspberries, Granola *G Water

\*G = Gluten Free option

\*V = Vegetarian option

\*D = Dairy Free option

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

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

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



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