

Verner
EAST

January
10 -14, 2022

RAINBOW IN MY TUMMY

FALL & WINTER WEEK TWO

	BREAKFAST	LUNCH	SNACK
MONDAY	Maple Cinnamon Oatmeal *G Peaches Milk	Turkey and Bean Chili with Cheddar *D Whole Wheat Tortilla *G Oven Roasted Cabbage Corn Milk <small>V: Bean Chili</small>	Whole Grain Rich Soft Pretzel *G Honey Mustard Dip Apple Wedges Water
TUESDAY	Whole Grain Corn Chex Cereal Blueberries Milk	Veggie and Egg Fried Brown Rice Broccoli Pineapple Milk	Red Pepper Hummus Dip Cucumber Coins Bean and Vegetable Crackers Water
WEDNESDAY	Whole Wheat Apple Spice Muffin *G Banana Milk	Whole Wheat Mac n Cheese *D *G Copper Carrot Coins Spring Mix Salad with Italian Dressing	Sweet and Salty Cereal Mix Orange Slices Water
THURSDAY	Whole Grain Rich Biscuit *G Egg Patty Sliced Pears Milk	Red Beans and Brown Rice Oven Roasted Brussel Sprouts Mango Milk	Raspberry Parfait: Vanilla Yogurt *D Raspberries, Granola *G Water
FRIDAY	Whole Grain English Muffin *G Apple Butter Cream Cheese *D Cantaloupe Milk	Whole Wheat Pasta w/ Turkey Bolognese *G Parmesan Roasted Cauliflower *D Apple Slices Milk <small>V: Veggie Slider with Cheese</small>	Whole Grain Trail Mix with Dried Fruit and Sunflower Seeds *G Mixed Fruit cup (Peaches, Pears) 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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