

Verner  
EAST

Feb 22-26  
2021

# RAINBOW IN MY TUMMY

## FALL & WINTER

### WEEK THREE

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Grain Waffle *G Blueberry Syrup Peach Slices Milk	Breakfast for Lunch: Scrambled Eggs Whole Grain Biscuits *G Oven Roasted Potatoes Cantaloupe Milk	Broccoli Trees With Greek Dill dip Whole Grain Goldfish Crackers *G Water
TUESDAY	Whole Grain Life Cereal *G Strawberries Milk	Tuna Triangles *D Whole Wheat Bread *G Creamy Butternut Soup Pineapple Milk V: Boiled Egg	Whole Grain Soft Pretzel *G Honey Mustard Dip Tropical Fruit (Pineapple, Papaya) Water
WEDNESDAY	Whole Wheat Pumpkin Muffin *G Banana Milk	Red Beans and Rice Cucumber Sticks Roasted Watermelon Radishes Milk	Whole Grain Trail Mix with Dried fruit and Pumpkin seeds Pineapple Tidbits Water
THURSDAY	Cranberry Orange Oatmeal Mandarin Oranges Milk	Crispy Chicken Strips Whole Wheat Tomato Couscous Mango Spring Mix Salad with Honey Mustard Milk V: cheese sticks	Hummus Whole Wheat Crackers *G Water
FRIDAY	Whole Grain Rich Biscuit *G Turkey Sausage Mixed Fruit (Pineapple, Peaches) Milk V: Egg Patty	Tangy Meatloaf Whole Wheat Roll *G Buttery Red Potatoes *D Green Beans Milk V: Veggie Meatballs	Pizza Roll Up: Whole Wheat Tortillas*G Mozzarella Cheese *D Marinara sauce Water Infants: Tropical Fruit

\*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%



Verner is an equal  
opportunity provider.