

Verner
EAST

2022
11/21 - 11/25

RAINBOW IN MY TUMMY

FALL & WINTER

WEEK FOUR

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Wheat English Muffin *G Apple Butter Mandarin Oranges Milk	Cheese Pizza with Whole Grain Crust *G *D Spinach Salad with Italian Dressing Cantaloupe Milk	Whole Grain Graham Crackers *G Carrot Ginger Spread *D Water
TUESDAY	Multi-Grain Cheerios*G Blueberries Milk	Turkey and Veggie Barley Pilaf Apple Slices Baked Sweet Potato Milk V: Lentil Veggie Barley Pilaf	Blackberry Applesauce Whole Wheat Pita Strips *G Water
WEDNESDAY	Verner		
THURSDAY	Closed		
FRIDAY	For Holiday		

*G = Gluten Free option

*V = Vegetarian option

*D = Dairy Free option

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.

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