

Verner
CENTRAL

March 20-March 24
2023

RAINBOW IN MY TUMMY

FALL & WINTER

WEEK FOUR

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Grain Rich Biscuit Egg Patty Tropical Fruit Milk	Sloppy Toms Whole Wheat Slider Buns *G Roasted Carrots Mandarin Oranges Milk V:TVP Turkey	Ladybugs on a Raft: Whole Grain Graham Crackers Sunbutter Dried Cranberries Water
TUESDAY	Whole Wheat Pancake *G Peach Syrup Banana Milk	Sweet & Sour Chicken Roasted Broccoli Pineapple Milk V: Sweet & Sour Black Eyed Peas	Blackberry Applesauce Whole Wheat Pita Strips *G Water
WEDNESDAY	Multi-Grain Cheerios *G Blueberries Milk	Turkey & Veggie Barley Pilaf *V*G Baked Sweet Potato Apples Milk V:Veggie Pilaf	Whole Grain Trail Mix w/ Dried Cranberries and Pumpkin Seeds *G Sliced Fresh Pears Water
THURSDAY	Breakfast Parfait:Vanilla Yogurt, Granola *D*G Diced Peaches Milk	Broccoli Frittata *D Whole Wheat Roll *G Potato & Leek Soup Peaches Milk	White Bean Dip Whole Wheat Crackers *G Water
FRIDAY	Banana Whole Wheat Muffin *G Fresh Pears Milk	Black Bean & Cheese Taco *D Whole Wheat Tortilla *G Avocado Dip Corn Mandarin Oranges Milk	Ants go Tubing: Apple Rings Sunbutter Raisins Water

*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.