

Verner
EAST

March 20-March 24
2023

RAINBOW IN MY TUMMY

FALL & WINTER

WEEK FOUR

| | BREAKFAST | LUNCH | SNACK |
|-----------|--|--|--|
| MONDAY | Whole Wheat Pancake *G Peach Syrup Banana Milk | Cheese Pizza w/ Whole Grain Crust *G*D Spinach Salad w/ Creamy Ranch Dressing Cantaloupe Milk | Blackberry Applesauce Whole Wheat Pita Strips *G Water |
| TUESDAY | Multi-Grain Cheerios *G Blueberries Milk | Turkey and Veggie Barley Pilaf Baked Sweet Potato Apple Slices | Whole Grain Trail Mix w/ Dried Cranberries and Pumpkin Seeds *G Sliced Fresh Pears Water |
| WEDNESDAY | Breakfast Parfait: Vanilla Yogurt, Granola *D*G Diced Peaches Milk | Tangy Meatloaf *V Whole Wheat Bread *G Sautéed Kale and Caramelized Onions Pineapple Milk V: Tangy Beyond Loaf | White Bean Dip Whole Wheat Crackers *G Water |
| THURSDAY | Banana Whole Wheat Muffin *G Fresh Pears Milk | Red Beans and Brown rice Oven Roasted Cabbage Mango Milk | Ants go Tubing: Apple Rings Sunbutter Raisins Water |
| FRIDAY | Whole Grain Waffle *G Blueberry Syrup Bananas Milk | Spinach Feta Frittata *D Whole Wheat Bread *G Yukon Gold Potato Leek Soup Carrot Sticks Milk | Black-Eyed Pea and Corn Salad Whole Wheat Tortilla *G Water |

*G = Gluten Free option

*V = Vegetarian option

*D = Dairy Free option

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

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.