

Verner
WEST

Feb 22-26
2021

RAINBOW IN MY TUMMY

FALL & WINTER

WEEK THREE

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



Verner is an equal opportunity provider.