

Verner
CENTRAL

June 10-14,
2019

RAINBOW IN MY TUMMY

SPRING & SUMMER

WEEK TWO

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Grain Rich Blueberry Bread Diced Peaches Milk	Turkey Soft Taco on Whole Wheat Tortilla Steamed Spinach and Tomato Corn Mango Salsa Milk	Trail Mix with Dried Cranberries and Sunflower Seeds Mandarin Oranges Water
TUESDAY	Breakfast Parfaits: Vanilla Yogurt, Granola, Blueberries Milk	Spinach Pesto Pasta Salad with Mozzarella Cheese Baked Eggplant Fries with Marinara Triple Berry Mix Milk	Broccoli Trees with Greek Yogurt Dill Dip Whole Grain Soft Pretzel Water
WEDNESDAY	Whole Grain Blueberry Muffin Cantaloupe Milk	Tuna Triangles Whole Grain Bread Bok Choy Watermelon Milk	Carrot Sticks Roots Hummus Whole Wheat Crackers Water <small>Infants: Tropical Fruit</small>
THURSDAY	Whole Grain Lemon Raspberry Muffin Strawberries Milk	Sweet and Sour Chicken Brown Rice Broccoli Pineapple Milk	Ladybugs on a Raft: Graham Crackers, Sunbutter, Dried Cranberries Water
FRIDAY	Whole Grain KIX Cereal Bananas Milk	Mixed Vegetable Frittata Butter Beans Whole Wheat Roll Strawberries Milk	Pumpkin Pie Yogurt Whole Grain Graham Crackers Water

*G = Gluten Free option provided

V = Vegetarian option provided

*D = Dairy Free option provided

Fruit and Veggie Color Groups: **Red** • **Yellow/Orange** • **Blue/Purple** • **Green** • **White**

Milk Served
 1 year olds: Whole
 2-5 year olds: 1%



Verner is an equal
 opportunity provider.