

Verner  
Central

July 8-12,  
2019

# RAINBOW IN MY TUMMY

## SPRING & SUMMER

### WEEK ONE

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Grain KIX Cereal Diced Peaches Milk	Cheese Pizza with Whole Wheat Crust Broccoli Cantaloupe Milk	Sweet and Salty Cereal Mix Tropical Fruit Water
TUESDAY	Whole Grain Apple Muffin Banana Milk	Sloppy Toms on Whole Wheat Bun Edamame Succotash Cucumber Sticks Milk	Whole Wheat Pretzel Honey Mustard Mandarin Oranges Water
WEDNESDAY	Whole Wheat Bagel Low-Fat Cottage Cheese Pineapple Tidbits Milk	Dilly Egg Salad in Whole Wheat Pita Pockets Lettuce Roasted Asparagus Watermelon Milk	Scoop It Up Cheese Spread Carrot Sticks Whole Wheat Crackers Water
THURSDAY	Homemade Whole Wheat Rise and Shine Carrot Muffin Strawberries Milk	Mediterranean Chicken Brown Rice Spinach Salad with Basil Vinaigrette Oranges Milk	Whole Grain Goldfish Crackers Sunbutter Applesauce Water
FRIDAY	Breakfast Parfaits: Vanilla Yogurt Granola Blueberries Milk	Cuban Black Beans Whole Wheat Tortillas Spiced Sweet Potato Fries Tropical Fruit Salad Milk	Whole Wheat Pasta Marinara Dip Mozzarella Cheese 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.