

Verner
EAST

July 8-12,
2019

RAINBOW IN MY TUMMY

SPRING & SUMMER

WEEK ONE

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Grain Waffle *G Peach Syrup Sliced Peaches Milk	Cheese Pizza *D with Whole Wheat Crust *G Corn Watermelon Milk	Whole Wheat Pretzel *G Honey Mustard Apple Slices Water
TUESDAY	Whole Wheat Toast *G Low-Fat Cottage Cheese *D Pineapple Tidbits Milk	Cuban Black Beans Whole Wheat Tortillas *G Spiced Sweet Potato Fries Tropical Fruit Salad Milk	Scoop It Up Cheese Spread *D Carrot Sticks Whole Wheat Crackers *G Water
WEDNESDAY	Rise and Shine Carrot Muffin *G Banana Milk	Sloppy Toms on Whole Wheat Bun *G Edamame Succotash Cucumber Sticks Milk V: Lentil Mushroom Sloppy Sam	Banana Yogurt Parfait *D Graham Cracker Sprinkles *G Water
THURSDAY	Whole Grain Rice Chex Cereal Blueberries Milk	Mediterranean Chicken Brown Rice Spinach Salad with Basil Vinaigrette Oranges Milk V: Greek Baked Tofu	Whole Wheat Pasta *G Marinara Dip Mozzarella Cheese *D Water
FRIDAY	Whole Wheat Biscuit *G Turkey Sausage Strawberries Milk V: Boiled Egg	Cheese Quesadilla on Whole Wheat Tortilla *G with Creamy Avocado Dip Refried Beans Cantaloupe Milk	Trail Mix with Dried Cranberries and Sunflower Seeds Mandarin Oranges 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.