

Verner
Central

Sept 9-13
2019

RAINBOW IN MY TUMMY

SPRING & SUMMER

WEEK TWO

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Grain Kix Diced Peaches Milk	Turkey Soft Taco on Whole Wheat Tortilla Lettuce and Tomato Mexican Corn Mango Salsa Milk	Banana Yogurt Parfait *D Graham Cracker Sprinkles *G Water
TUESDAY	Whole Grain Rich Blueberry Bread Low Fat Cottage Cheese Diced Pears Milk	Spinach Feta Frittata Butter Beans Whole Wheat Roll Watermelon Milk	Whole Wheat Pita Strips *G Blackberry Applesauce Water
WEDNESDAY	Whole Wheat Bagel Low Fat Cream Cheese Strawberries Milk	Cuban Black Beans Whole Wheat Tortillas *G Spiced Sweet Potato Fries Tropical Island Mix Milk	Roots Hummus Whole Wheat Crackers Water Infants: Fruit cup
THURSDAY	Lemon Raspberry Muffin Banana Milk	Spinach Pesto Pasta Salad with Mozzarella Cheese Baked Eggplant Fries with Marinara Local Apple Slices Milk	Broccoli Trees with Greek Dill Dip Whole Grain Soft Pretzel Water
FRIDAY	Vanilla Yogurt Diced Peaches Milk	Sweet and Sour Chicken Brown Rice Broccoli Pineapple Milk	Whole Grain Graham Crackers *G Diced Pears Sunbutter 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

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



Verner is an equal opportunity provider.

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