

Verner
EAST

Sept 9-13
2019

RAINBOW IN MY TUMMY

SPRING & SUMMER

WEEK TWO

| | BREAKFAST | LUNCH | SNACK |
|-----------|------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| MONDAY | Whole Grain Waffles *G Raspberry Syrup Nectarines Milk | Turkey Soft Taco on Whole Wheat Tortilla *G Lettuce and Tomato Mexican Corn Mango Salsa Milk V: Tempeh Taco | Whole Wheat Pita Strips *G Blackberry Applesauce Water |
| TUESDAY | Multi-Grain Cheerios Strawberries Milk | Spinach Feta Frittata *D Butter Beans Whole Wheat Roll *G Watermelon Milk | Roots Hummus Whole Wheat Crackers *G Water Infants: Fruit cup |
| WEDNESDAY | Lemon Raspberry Muffin *G Banana Milk | Cuban Black Beans Whole Wheat Tortillas *G Spiced Sweet Potato Fries Tropical Island Mix Milk | Broccoli Trees with Greek Dill Dip *D Whole Grain Soft Pretzel *G Water |
| THURSDAY | Whole Wheat English Muffin *G Apple Butter Oranges Milk | Spinach Pesto Pasta Salad with Mozzarella Cheese *G *D Baked Eggplant Fries with Marinara Local Apple Slices Milk | Whole Grain Graham Crackers *G Pear Slices Sunbutter Water |
| FRIDAY | Whole Grain Biscuit *G Egg Patty Cantaloupe Milk | Sweet and Sour Chicken Brown Rice *G Broccoli Pineapple Milk V: Sweet and Sour Blackeyes V = Vegetarian option provided | Pizza Roll Up Whole Wheat Tortilla *G Marinara Mozzarella Cheese *D Water Infants: Diced Peaches *D = Dairy Free option provided |

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

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.