

Verner
WEST

Sept 9-13
2019

RAINBOW IN MY TUMMY

SPRING & SUMMER

WEEK TWO

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

*G = Gluten Free option provided

V: Sweet and Sour Blackeyes
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.