

Verner
Central

October
11-15, 2021

RAINBOW IN MY TUMMY

SPRING & SUMMER

WEEK ONE

	BREAKFAST	LUNCH	SNACK
MONDAY	Apple Muffin *G Pineapple Cups Milk	Breakfast for Lunch! Scrambled Eggs with Cheese *D Oven Roasted Potatoes Whole Grain Biscuits *G Oranges Milk	Pita strips*G with Berry apple sauce Water
TUESDAY	Blueberry Bread *G Cantaloupe Milk	Dilly Egg Salad in Whole Wheat Pita Pockets *G Lettuce Roasted Asparagus Watermelon Milk	Whole Wheat Pretzel *G Honey Mustard Sugar Snap Peas Water
WEDNESDAY	Whole Grain Rice Chex Cereal Blueberries Milk	Mediterranean Chicken Brown Rice Spinach Salad with Basil Vinaigrette Oranges Milk	Whole Grain Graham Crackers with Sunbutter Fruit Cups Water
THURSDAY	Whole Grain Biscuit*G Turkey Sausage Pineapple Tidbits Milk	Sloppy Toms on Whole Wheat Bun *G Edamame Succotash Cucumber Sticks Milk V: Lentil Mushroom Sloppy Sam	Roots Hummus with Bean and Veggie Crackers Water
FRIDAY	Rise and Shine Carrot Muffin *G Banana Milk	Cuban Black Beans Whole Wheat Tortillas *G Spiced Sweet Potato Fries Tropical Fruit Salad (Pineapple, Papaya) Milk	Scoop It Up Cheese Spread *D Carrot Sticks Whole Wheat Crackers *G Water

*G = Gluten Free option

*V = Vegetarian option

*D = Dairy Free option

Fruit and Veggie Color Groups: Red • Yellow/Orange • Blue/Purple • Green • White

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

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



Verner is an equal
 opportunity provider.