

Verner
West &
Central

5/23 - 5/27
2022

RAINBOW IN MY TUMMY

SPRING & SUMMER

WEEK THREE

	BREAKFAST	LUNCH	SNACK
MONDAY	Maple Cinnamon Oatmeal *G Sliced Pears Milk	Breakfast for Lunch! Scrambled Eggs with Cheese *D Oven Roasted Potatoes Whole Grain Biscuits *G Oranges Milk	Whole Wheat Pita Strips *G Blackberry Applesauce Water
TUESDAY	Whole Grain English Muffin *G Apple Butter Honeydew Melon Milk	Thai Sunbutter Noodles *G with Tofu Pineapple Edamame Milk	Carrot Ginger Spread Whole Wheat Graham Crackers *G Water
WEDNESDAY	Life Cereal *G Blueberries Milk	Chicken Salad w/ Lettuce *V Whole Wheat Bread *G Sugar Snap Peas Strawberries Milk V: Garbanzo Salad	Ants on a Raft: Graham Crackers *G, Sunbutter, Raisins Water
THURSDAY	Whole Grain Cheese Toast *G Sliced Peaches Milk	Beef & Broccoli Stir Fry Brown Rice Mango Milk V: Tofu Stir fry	Whole Grain Soft Pretzel *G Sliced Apples Water
FRIDAY	Whole Grain Rich Blueberry Muffin *G Banana Milk	Turkey Roll-ups: Whole Wheat Tortilla *G Sliced Turkey & Provolone Carrot Sticks Apple Slices Milk V: Cheese Roll-up *V = Vegetarian option	Happy Memorial Day Weekend Half Day

*G = Gluten Free option

*V = Vegetarian option

*D = Dairy Free option

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

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

rainbow
- IN - MY - TUMMY -



Verner is an equal
opportunity
provider.