

Verner
Central

July 19-23
2021

RAINBOW IN MY TUMMY

SPRING & SUMMER

WEEK FOUR

	BREAKFAST	LUNCH	SNACK
MONDAY	Breakfast Parfait: *G *D Vanilla yogurt, Granola, Strawberries Milk	Whole Grain Cheesy Bread *G *D Cucumber and Tomato Salad Sliced Peaches Milk	Whole Grain Trail Mix *G Tropical Fruit (Pineapple, Papaya) Water
TUESDAY	Whole Grain Biscuit *G Turkey Sausage Cantaloupe Milk	Chicken Salad in a Whole Wheat Pita with Lettuce *G Sautéed Squash Oranges Milk V: Chickpea Salad	Edamame Whole Grain Goldfish Crackers *G Water
WEDNESDAY	Whole Grain Cinnamon Toast Crunch Cereal Blueberries Milk	Turkey Soft Tacos on Whole Wheat Tortilla *G Lettuce and Tomato Corn on the Cob Mango Salsa Watermelon Milk V: Tempeh Tacos	Black-Eyed Pea and Corn Salad Whole Wheat Tortillas *G Water
THURSDAY	Banana Oat Bread *G Banana Milk	Baked Jerk Fish Coconut Rice Jamaican Red Cabbage Mango Milk V: Baked Jerk Tofu	Sweet and Salty Mix *G Tropical Fruit (Pineapple, Papaya) Water
FRIDAY	Whole Grain Blueberry Bread *G Mixed Fruit (Peaches, Pears) Milk	Spinach and Feta Frittata with Whole Wheat Roll *G Steamed Asparagus with Creamy Lemon Dip Orange Wedges Milk	Roots Hummus 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.