

Verner  
Central

September  
13-17, 2021

# RAINBOW IN MY TUMMY

## SPRING & SUMMER

### WEEK FOUR

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