

Verner
CENTRAL

9/5 - 9/9
2022

RAINBOW IN MY TUMMY

SPRING & SUMMER

WEEK TWO

	BREAKFAST	LUNCH	SNACK
MONDAY		Closed All Day	
TUESDAY	Whole Wheat Biscuit *G Turkey Sausage Strawberries Milk V: Egg Patty	Turkey Soft Taco on Whole Wheat Tortilla *G Lettuce and Tomato Corn Mango Salsa Milk V: Tempeh Taco	Trail Mix with Dried Cranberries and Sunflower Seeds Mandarin Oranges Water
WEDNESDAY	Multi-Grain Cheerios Peaches Milk	Sweet and Sour Chicken Brown Rice Broccoli Pineapple Milk V: Sweet and Sour Blackeyes	Roots Hummus Whole Wheat Crackers *G Water Infants: Tropical Fruit
THURSDAY	Whole Grain Biscuit *G Egg Patty Cantaloupe Milk	Tuna Triangles *D Whole Grain Breadstick *G Butter Beans Strawberries Milk V: Baked Tofu	Ants on a Boat: Apple Slices , Sunbutter, Raisins Water
FRIDAY	Lemon Raspberry Muffin *G Banana Milk	Spinach Pesto Pasta Salad with Mozzarella Cheese *G *D Tomato & Cucumber Salad Blueberries Milk	Pumpkin Pie Yogurt *D Whole Grain Graham Crackers *G Water Infants: fruit cup

*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. serving.

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



Verner is an equal
 opportunity
 provider.