

Verner  
West and  
Central

8/8 - 8/12  
2022

# RAINBOW IN MY TUMMY

## SPRING & SUMMER

### WEEK TWO

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Wheat Biscuit *G  Turkey Sausage <b>Strawberries</b> Milk V: Egg Patty	Turkey Soft Taco on Whole Wheat Tortilla *G <b>Lettuce</b> and <b>Tomato</b> <b>Corn Kernnels</b> <b>Mango Salsa</b> Milk V: Tempeh Taco	Trail Mix with <b>Dried</b> <b>Cranberries</b> and Sunflower Seeds <b>Mandarin Oranges</b>  Water
TUESDAY	Whole Grain Waffle *G  <b>Strawberry</b> Syrup <b>Blueberries</b> Milk	Sweet and Sour Chicken Brown Rice <b>Broccoli</b> <b>Pineapple</b> Milk V: Sweet and Sour Blackeyes	<b>Carrot</b> Sticks w/ Greek Dill Dip *D Whole Grain Soft Pretzel *G  Water
WEDNESDAY	Multi-Grain Cheerios <b>Peaches</b> Milk	Tuna Triangles *D Whole Grain Breadstick *G <b>Green Beans</b> <b>Strawberries</b> Milk V: Boiled Egg	<b>Roots Hummus</b> Whole Wheat Crackers *G  Water Infants: Tropical Fruit
THURSDAY	Whole Grain Biscuit *G  Egg Patty <b>Cantaloupe</b> Milk	<b>Spinach Pesto</b> Pasta Salad with Mozzarella Cheese *G *D <b>Tomato &amp; Cucumber</b> Salad <b>Blueberries</b> Milk	Ants on a Boat: <b>Apple Slices</b> , Sunbutter, <b>Raisins</b>  Water
FRIDAY	<b>Lemon Raspberry</b> Muffin *G <b>Banana</b> Milk	Dilly Egg Salad *V Whole Wheat Bread *G <b>Lettuce</b> <b>Watermelon</b> Milk V: Garbanzo Salad	<b>Pumpkin Pie</b> 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.