

Verner
Central

10/17 - 10/21
2022

RAINBOW IN MY TUMMY

SPRING & SUMMER

WEEK FOUR

	BREAKFAST	LUNCH	SNACK
MONDAY	Breakfast Parfaits: Vanilla Yogurt, *D Granola, Strawberries Milk	Whole Grain Cheesy Bread *G *D Creamy Tomato Soup Cucumber Sticks Milk	Trail Mix with Dried Blueberries Tropical Fruit (Pineapple, Papaya) Water
TUESDAY	Whole Grain Waffles *G Peach Syrup Cantaloupe Milk	Baked Jerk Fish Coconut Rice Jamaican Red Cabbage Mango Milk V: Baked Jerk Tofu	Carrot Sticks Roots Hummus Water Infants: Tropical Fruit
WEDNESDAY	Whole Grain Kix Cereal Blueberries Milk	Chicken Katsu with Tonkatsu Sauce *G Brown Rice Sugar Snap Peas Pineapple Milk V: Tofu Katsu	Edamame Whole Grain Goldfish Crackers *G Water
THURSDAY	Whole Wheat English Muffin *G Blackberry Cream Cheese *D Diced Pears Milk	Turkey Bolognese with *V Whole Grain Pasta *G Spring Mix Salad w/ Ranch Apple Slices Milk V: Tempeh Bolognese	Sweet and Salty Mix *G Tropical Fruit (Pineapple, Papaya) Water
FRIDAY	Banana Oat Bread *G Banana Milk	Bean Enchiladas with Cheese in Whole Wheat Tortilla *G *D Salsa Verde Lettuce and Tomato Watermelon Milk	Black-Eyed Pea and Corn Salad Whole Wheat Tortillas *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. serving.

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



Verner is an equal
 opportunity
 provider.