

Verner
EAST

10/17 - 10/21
2022

RAINBOW IN MY TUMMY

SPRING & SUMMER

WEEK FOUR

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