

Verner
Central

Oct 19-23,
2020

RAINBOW IN MY TUMMY

SPRING & SUMMER

WEEK TWO

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Wheat Biscuit *G Turkey Sausage Peaches Milk V: Boiled Egg	Sweet and Sour Chicken Brown Rice Broccoli Pineapple Milk V: Sweet and Sour Blackeyes	Trail Mix with Dried Cranberries and Sunflower Seeds Mandarin Oranges Water
TUESDAY	Whole Grain Waffle *G Strawberry Syrup Cantaloupe Milk	Spinach Pesto Pasta Salad with Mozzarella Cheese *G *D Oven Roasted Cabbage Very Berry Mix Milk	Pumpkin Pie Yogurt *D Whole Grain Graham Crackers *G Water Infants: fruit cup
WEDNESDAY	Whole Grain Kix Cereal Blueberries Milk	Tuna Triangles *D Whole Grain Breadstick *G Spring Mix Salad with Honey Mustard Apple Slices Milk	Roots Hummus Whole Wheat Crackers *G Water
THURSDAY	Whole Grain Biscuit *G Egg Patty Peaches Milk	Turkey Soft Taco on Whole Wheat Tortilla *G Lettuce and Tomato Fiesta Corn Mango Salsa Milk V: Tempeh Taco	Ladybugs on a Raft: Whole Grain Graham Crackers, Sunbutter, Dried Cranberries Water Infants: Mandarin Oranges
FRIDAY	Lemon Raspberry Muffin *G Banana Milk	Spinach Feta Frittata *D Butter Beans Whole Wheat Roll *G Oranges Milk	Broccoli Trees with Greek Dill Dip *D Whole Grain Soft Pretzel *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.