

Verner  
EAST

Oct 19-23,  
2020

# RAINBOW IN MY TUMMY

## SPRING & SUMMER

### WEEK TWO

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