

Verner  
Central

Nov 9-13,  
2020

# RAINBOW IN MY TUMMY

## SPRING & SUMMER

### WEEK ONE

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Grain Kix Cereal Diced Peaches Milk	Cheese Quesadilla *D On Whole Wheat Tortilla *G With Avocado Dip Pinto Beans Apple Slices Milk	Hummus Whole Wheat Crackers *G Water
TUESDAY	Whole Grain Rich Apple Muffin *G Diced Pears Milk	Lemon Herb Chicken Breast Brown Rice Sautéed Kale with Caramelized Onions Orange Wedges Milk V: Baked Lemon Herb Tofu	Whole Grain Trail Mix With Pumpkin Seeds *G And Dried Fruit Tropical Fruit (Pineapple, Papaya) Water
WEDNESDAY	Whole Grain Rice Chex Cereal *G Blueberries Milk	Crustless Broccoli Quiche *D Whole Wheat Bread *G Yukon Gold Potato Leek Soup Carrot Sticks Milk	Sweet Potato Hummus Whole Wheat Crackers *G Water
THURSDAY	Whole Grain Blueberry Bread *G Diced Peaches Milk	Turkey and Veggie Barley Pilaf Pineapple Baked Sweet Potato Milk V: Lentil Veggie Barley Pilaf	Blackeyed Pea and Corn Salad Whole Wheat Tortilla *G Water
FRIDAY	Banana Whole Wheat Muffin *G Banana Milk	Kabuli Chole (Chickpea Stew) Corny Cornbread *G Spinach Salad with Ranch Mango Milk	Whole Grain Pasta *G Mozzarella Cheese *D Marinara Dip Water Infants: Fruit cup (Peaches, Pineapple)

\*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%



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 opportunity provider.