

Verner  
EAST

Nov 9-13,  
2020

# RAINBOW IN MY TUMMY

## SPRING & SUMMER

### WEEK ONE

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Wheat English Muffin *G Apple Butter Sliced Fresh Pears Milk	Cheese Quesadilla *D On Whole Wheat Tortilla *G With Avocado Dip Pinto Beans Apple Slices Milk	Whole Grain Trail Mix With Pumpkin Seeds *G And Dried Fruit Tropical Fruit (Pineapple, Papaya) Water
TUESDAY	Multi Grain Cheerios *G Blueberries Milk	Lemon Herb Chicken Breast Brown Rice Sautéed Kale with Caramelized Onions Orange Wedges Milk <small>V: Baked Lemon Herb Tofu</small>	Sweet Potato Hummus Whole Wheat Crackers *G Water
WEDNESDAY	Apple Cinnamon Oatmeal Diced Peaches Milk	Crustless Broccoli Quiche *D Whole Wheat Bread *G Yukon Gold Potato Leek Soup Carrot Sticks Milk	Blackeyed Pea and Corn Salad Whole Wheat Tortilla *G Water
THURSDAY	Banana Whole Wheat Muffin *G Banana Milk	Turkey and Veggie Barley Pilaf Pineapple Baked Sweet Potato Milk <small>V: Lentil Veggie Barley Pilaf</small>	Whole Grain Pasta *G Mozzarella Cheese *D Marinara Dip Water <small>Infants: Fruit cup (Peaches, Pineapple)</small>
FRIDAY	Breakfast Parfait: Vanilla Yogurt *G *D Granola Diced Peaches Milk	Kabuli Chole (Chickpea Stew) Corny Cornbread *G Spinach Salad with Ranch Mango Milk	Ladybugs on a Raft: Whole Grain Graham Crackers Sunbutter Dried Cranberries Water <small>Infants: Diced Pears</small>

\*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.