

Verner
WEST

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 Wheat English Muffin *G Apple Butter Sliced Fresh 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 | Multi Grain Cheerios *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 | Apple Cinnamon Oatmeal 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%



Verner is an equal opportunity provider.