

Verner
EAST

October
11-15, 2021

RAINBOW IN MY TUMMY

SPRING & SUMMER

WEEK ONE

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Wheat English Muffin *G Apple Butter Cantaloupe Milk	Breakfast for Lunch! Scrambled Eggs with Cheese *D Oven Roasted Potatoes Whole Grain Biscuits *G Oranges Milk	Whole Wheat Pretzel *G Honey Mustard Sugar Snap Peas Water
TUESDAY	Whole Grain Rice Chex Cereal Blueberries Milk	Dilly Egg Salad in Whole Wheat Pita Pockets *G Lettuce Roasted Asparagus Watermelon Milk	Graham Crackers with Sunbutter Fruit Mix Water
WEDNESDAY	Whole Wheat Toast *G Low-Fat Cottage Cheese *D Pineapple Tidbits Milk	Mediterranean Chicken Brown Rice Spinach Salad with Basil Vinaigrette Oranges Milk	Roots Hummus with Bean and Veggie Crackers Water
THURSDAY	Rise and Shine Carrot Muffin *G Banana Milk	Sloppy Toms on Whole Wheat Bun *G Edamame Succotash Cucumber Sticks Milk V: Lentil Mushroom Sloppy Sam	Scoop It Up Cheese Spread *D Carrot Sticks Whole Wheat Crackers *G Water
FRIDAY	Whole Wheat Biscuit *G Turkey Sausage Strawberries Milk V: Boiled Egg	Cuban Black Beans Whole Wheat Tortillas *G Spiced Sweet Potato Fries Tropical Fruit Salad (Pineapple, Papaya) Milk	Trail Mix with Dried Cranberries and Sunflower Seeds Mandarin Oranges Water

All yogurt contains less than 23 grams of sugar per 6 oz.

*G = Gluten Free option

*V = Vegetarian option

*D = Dairy Free option

Fruit and Veggie Color Groups: Red • Yellow/Orange • Blue/Purple • Green • White

Unflavored Milk Served
 1 year olds: Whole
 2-5 year olds: 1%



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