

Verner  
EAST

5/23 - 5/27  
2022

# RAINBOW IN MY TUMMY

## SPRING & SUMMER

### WEEK THREE

|           | BREAKFAST   | LUNCH  | SNACK   |
|-----------|---|--|---|
| MONDAY    | Whole Grain Bagel *G<br>Apple Butter<br>Honeydew Melon<br>Milk                | Breakfast for Lunch!<br>Scrambled Eggs with Cheese *D<br>Oven Roasted Potatoes<br>Whole Grain Biscuits *G<br>Oranges<br>Milk           | Carrot Ginger Spread<br>Whole Wheat Graham Crackers *G<br>Water       |
| TUESDAY   | Life Cereal *G<br>Blueberries<br>Milk   | Thai Sunbutter Noodles *G<br>with Tofu<br>Pineapple<br>Edamame<br>Milk   | Ants on a Raft:<br>Graham Crackers *G,<br>Sunbutter, Raisins<br>Water |
| WEDNESDAY | Whole Grain Cheese Toast *G<br>Sliced Peaches<br>Milk                         | Chicken Salad w/ Lettuce *V<br>Whole Wheat Bread *G<br>Sugar Snap Peas<br>Strawberries<br>Milk<br>V: Garbanzo Salad                    | Whole Grain Soft Pretzel *G<br>Sliced Apples<br>Water                 |
| THURSDAY  | Whole Grain Rich Blueberry Muffin *G<br>Banana<br>Milk                        | Beef & Broccoli Stir Fry<br>Brown Rice<br>Mango<br>Milk<br>V: Tofu Stir fry  | White Bean Dip<br>Whole Wheat Crackers *G<br>Water                    |
| FRIDAY    | Breakfast Parfaits:<br>Vanilla Yogurt, *D<br>Granola,<br>Strawberries<br>Milk | Turkey Roll-ups:<br>Whole Wheat Tortilla *G<br>Sliced Turkey & Provolone<br>Carrot Sticks<br>Apple Slices<br>Milk<br>V: Cheese Roll-up | Happy Memorial Day Weekend<br>Half Day                                |

\*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%



Verner is an equal  
 opportunity  
 provider.