

Verner
East

May 3-7
2021

RAINBOW IN MY TUMMY

SPRING & SUMMER

WEEK ONE

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Wheat English Muffin *G Apple Butter Peaches Milk	Whole Wheat Cheesy Bread Cucumber and Tomato Salad Mandarin Oranges Milk	Whole Wheat Pretzel *G Honey Mustard Snow Peas Water
TUESDAY	Whole Grain Rice Chex Cereal Blueberries Milk	Dilly Egg Salad on Whole Wheat Bread *G Lettuce Roasted Asparagus Watermelon Milk	Sunbutter Whole Grain Graham Crackers *G Water Infants: Fruit Cup
WEDNESDAY	Whole Wheat Toast *G Low-Fat Cottage Cheese *D Pineapple Tidbits Milk	Mediterranean Chicken Brown Rice Spinach Salad with Italian Dressing Mango Milk V: Mediterranean Tofu	Red Pepper Hummus Bean and Veggie Whole Grain Crackers Water
THURSDAY	Whole Wheat Pumpkin Muffin *G Banana Milk	Sloppy Toms on Whole Wheat Bun *G Edamame Succotash Apple Slices 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: Egg Patty	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%



Verner is an equal opportunity provider.