

Verner  
EAST

6/13 - 6/17  
2022

# RAINBOW IN MY TUMMY

## SPRING & SUMMER

### WEEK TWO

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Grain Waffle *G Strawberry Syrup Blueberries Milk	Turkey Soft Taco on Whole Wheat Tortilla *G Lettuce and Tomato Corn Mango Salsa Milk V: Tempeh Taco	Carrot Sticks w/ Greek Dill Dip *D Whole Grain Soft Pretzel *G Water
TUESDAY	Multi-Grain Cheerios Peaches Milk	Sweet and Sour Chicken Brown Rice Broccoli Pineapple Milk V: Sweet and Sour Blackeyes	Roots Hummus Whole Wheat Crackers *G Water Infants: Tropical Fruit
WEDNESDAY	Whole Grain Biscuit *G Egg Patty Cantaloupe Milk	Tuna Triangles *D Whole Grain Breadstick *G Butter Beans Watermelon Milk V: Boiled Egg	Ants on a Boat: Apple Slices, Sunbutter, Raisins Water
THURSDAY	Lemon Raspberry Muffin *G Banana Milk	Spinach Pesto Pasta Salad with Mozzarella Cheese *G *D Sweet Potato Fries Blueberries Milk	Pumpkin Pie Yogurt *D Whole Grain Graham Crackers *G Water Infants: fruit cup
FRIDAY	Maple Cinnamon Oatmeal *G Sliced Pears Milk	Cajun Red Beans & Red Rice Red Cabbage Strawberries Milk V: Garbanzo Salad	Whole Wheat Pita Strips *G Blackberry Apple Sauce Water

\*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. serving.

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



Verner is an equal  
 opportunity  
 provider.