

Verner
EAST

July 19-23
2021

RAINBOW IN MY TUMMY

SPRING & SUMMER

WEEK FOUR

	BREAKFAST	LUNCH	SNACK
MONDAY	Maple Cinnamon Oatmeal *G Cantaloupe Milk	Whole Grain Cheesy Bread *G *D Cucumber and Tomato Salad Sliced Peaches Milk	Edamame Whole Grain Goldfish Crackers *G Water
TUESDAY	Whole Grain Kix Cereal Blueberries Milk	Chicken Salad in a Whole Wheat Pita with Lettuce *G Sautéed Squash Oranges Milk <small>V: Chickpea Salad</small>	Black-Eyed Pea and Corn Salad Whole Wheat Tortillas *G Water
WEDNESDAY	Banana Oat Bread *G Banana Milk	Turkey Soft Tacos on Whole Wheat Tortilla *G Lettuce and Tomato Corn on the Cob Mango Salsa Watermelon Milk <small>V: Tempeh Tacos</small>	Sweet and Salty Mix *G Tropical Fruit (Pineapple, Papaya) Water
THURSDAY	Whole Wheat Bagel *G Blackberry Cream Cheese *D Sliced Pears Milk	Baked Jerk Fish Coconut Rice Jamaican Red Cabbage Mango Milk <small>V: Baked Jerk Tofu</small>	Roots Hummus Whole Wheat Crackers *G Water
FRIDAY	Whole Grain Corn Chex Cereal Diced Peaches Milk	Spinach and Feta Frittata with Whole Wheat Roll *G Steamed Asparagus with Creamy Lemon Dip Orange Wedges Milk	Ladybugs on a Raft: Whole Grain Graham Crackers *G, Sunbutter, Dried Cranberries Water <small>Infants: Mixed fruit</small>

*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%



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