

Verner
EAST

8/8 - 8/12
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 Kernnels Mango Salsa Milk <small>V: Tempeh Taco</small>	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 <small>V: Sweet and Sour Blackeyes</small>	Roots Hummus Whole Wheat Crackers *G Water <small>Infants: Tropical Fruit</small>
WEDNESDAY	Whole Grain Biscuit *G Egg Patty Cantaloupe Milk	Tuna Triangles *D Whole Grain Breadstick *G Green Beans Strawberries Milk <small>V: Boiled Egg</small>	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 Tomato & Cucumber Salad Blueberries Milk	Pumpkin Pie Yogurt *D Whole Grain Graham Crackers *G Water <small>Infants: fruit cup</small>
FRIDAY	Maple Cinnamon Oatmeal *G Sliced Pears Milk	Dilly Egg Salad *V Whole Wheat Bread *G Lettuce Watermelon Milk <small>V: Garbanzo Salad</small>	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.