

Verner
EAST

9/5 - 9/9
2022

RAINBOW IN MY TUMMY

SPRING & SUMMER

WEEK TWO

| | BREAKFAST | LUNCH | SNACK |
|-----------|---|--|--|
| MONDAY | | Closed All Day | |
| TUESDAY | Multi-Grain Cheerios Peaches Milk | Turkey Soft Taco on Whole Wheat Tortilla *G Lettuce and Tomato Corn Mango Salsa Milk V: Tempeh Taco | Roots Hummus Whole Wheat Crackers *G Water Infants: Tropical Fruit |
| WEDNESDAY | Whole Grain Biscuit *G Egg Patty Cantaloupe Milk | Sweet and Sour Chicken Brown Rice Broccoli Pineapple Milk V: Sweet and Sour Blackeyes | Ants on a Boat: Apple Slices, Sunbutter, Raisins Water |
| THURSDAY | Lemon Raspberry Muffin *G Banana Milk | Tuna Triangles *D Whole Grain Breadstick *G Butter Beans Strawberries Milk V: Baked Tofu | Pumpkin Pie Yogurt *D Whole Grain Graham Crackers *G Water Infants: fruit cup |
| FRIDAY | Maple Cinnamon Oatmeal *G Sliced Pears Milk | Spinach Pesto Pasta Salad with Mozzarella Cheese *G *D Tomato & Cucumber Salad Blueberries Milk | 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.