

Verner
Central

May 22-26
2023

RAINBOW IN MY TUMMY

SPRING & SUMMER

WEEK ONE

	BREAKFAST	LUNCH	SNACK
MONDAY	Hard-Cooked Eggs Whole Wheat Toast *G Honeydew Melon Milk	Cuban Black Beans Baked Sweet Potatoes Whole Wheat Tortilla Apples Milk	Lady Bugs on a Raft: Whole Grain Graham Crackers *G Sunbutter Dried Cranberries Water
TUESDAY	Whole Wheat English Muffin *G Apple Butter Peaches Milk	Lemon Herb Chicken Brown Rice Kale w/ Caramelized Onion Oranges Milk	Whole Wheat Pretzel *G Honey Mustard Sugar Snap Peas Water
WEDNESDAY	Whole Grain Rice Chex Cereal Blueberries Milk	Whole Wheat Mac N Cheese Green Beans Raspberries Milk	Scoop It Up Cheese Spread *D Whole Wheat Crackers *G Water Infants: Diced Pears
THURSDAY	Whole Wheat Toast *G Low-Fat Cottage Cheese *D Pineapple Milk	Whole Wheat Penne Pasta w/ Turkey Bolognese Steamed Peas Plums Milk	Whole Grain Graham Cracker Bugs Applesauce Cups Cheese Sticks Water Infants: Diced Peaches
FRIDAY	Rise and Shine Carrot Muffin *G Strawberries Milk	De-Constructed Burritos w/ Ground Turkey Whole Wheat Tortillas Cheese Mango Salsa Corn Pineapple	Yogurt Parfait *D Raspberries Granola *G 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.

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



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 opportunity provider.