

Verner  
East

May 22-26  
2023

# RAINBOW IN MY TUMMY

## SPRING & SUMMER

### WEEK ONE

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Wheat English Muffin *G Apple Butter Peaches Milk	Whole Grain Cheesy Bread *D*G Cucumber Tomato Salad Watermelon Milk	Whole Wheat Pretzel *G Honey Mustard Sugar Snap Peas Water
TUESDAY	Whole Grain Rice Chex Cereal Blueberries Milk	Sloppy Toms on Whole Wheat Bun *G Peas & Carrots Cantaloupe Milk V: Lentil Mushroom Sloppy Sam	Scoop It Up Cheese Spread *D Whole Wheat Crackers *G Water Infants: Diced Pears
WEDNESDAY	Whole Wheat Toast *G Low-Fat Cottage Cheese *D Pineapple Milk	Mediterranean Chicken Whole Grain Couscous *G Spinach Salad with Italian Dressing Mango Milk V: Greek Baked Tempeh	Whole Wheat Pasta Marinara Dip Mozzarella Cheese *D Water Infants: Diced Peaches
THURSDAY	Rise and Shine Carrot Muffin *G Strawberries Milk	Cuban Black Beans Whole Wheat Tortillas *G Baked Sweet Potato Orange Wedges Milk	Yogurt Parfait *D Raspberries Granola *G Water
FRIDAY	Whole Wheat Biscuit *G Egg Patty Banana Milk	Spinach & Feta Frittata Whole Wheat Roll Butter Beans Rainbow Fruit Salad Milk V: Tofu Scramble	Trail Mix with Dried Cranberries and Sunflower Seeds Mandarin Oranges 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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