

Verner
West

May 3-7
2021

RAINBOW IN MY TUMMY

SPRING & SUMMER

WEEK ONE

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Grain Biscuit *G Apple Butter Oranges Milk	Whole Wheat Cheesy Bread Cucumber and Tomato Salad Mandarin Oranges Milk	Whole Grain Goldfish Crackers *G Pineapple Tidbits Water
TUESDAY	Whole Wheat English Muffin *G Apple Butter Peaches Milk	Dilly Egg Salad on Whole Wheat Bread *G Lettuce Roasted Asparagus Watermelon Milk	Whole Wheat Pretzel *G Honey Mustard Snow Peas Water
WEDNESDAY	Whole Grain Rice Chex Cereal Blueberries Milk	Mediterranean Chicken Brown Rice Spinach Salad with Italian Dressing Mango Milk <small>V: Mediterranean Tofu</small>	Sunbutter Whole Grain Graham Crackers *G Water <small>Infants: Fruit Cup</small>
THURSDAY	Whole Wheat Toast *G Low-Fat Cottage Cheese *D Pineapple Tidbits Milk	Sloppy Toms on Whole Wheat Bun *G Edamame Succotash Apple Slices Milk <small>V: Lentil Mushroom Sloppy Sam</small>	Red Pepper Hummus Bean and Veggie Whole Grain Crackers Water
FRIDAY	Whole Wheat Pumpkin Muffin *G Banana Milk	Cuban Black Beans Whole Wheat Tortillas *G Spiced Sweet Potato Fries Tropical Fruit Salad (Pineapple, Papaya) Milk	Scoop It Up Cheese Spread *D Carrot Sticks Whole Wheat Crackers *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%



Verner is an equal
opportunity provider.