

Verner  
West &  
Central

6/13 - 6/17  
2022

# RAINBOW IN MY TUMMY

## SPRING & SUMMER

### WEEK TWO

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Wheat Biscuit *G Turkey Sausage Blueberries Milk V: Egg Patty	Turkey Soft Taco on Whole Wheat Tortilla *G Lettuce and Tomato Corn Mango Salsa Milk V: Tempeh Taco	Trail Mix with Dried Cranberries and Sunflower Seeds Mandarin Oranges Water
TUESDAY	Whole Grain Waffle *G Strawberry Syrup Blueberries Milk	Sweet and Sour Chicken Brown Rice Broccoli Pineapple Milk V: Sweet and Sour Blackeyes	Carrot Sticks w/ Greek Dill Dip *D Whole Grain Soft Pretzel *G Water
WEDNESDAY	Multi-Grain Cheerios Peaches Milk	Tuna Triangles *D Whole Grain Breadstick *G Green Beans Watermelon Milk V: Boiled Egg	Roots Hummus Whole Wheat Crackers *G Water Infants: Tropical Fruit
THURSDAY	Whole Grain Biscuit *G Egg Patty Cantaloupe Milk	Spinach Pesto Pasta Salad with Mozzarella Cheese *G *D Sweet Potato Fries Blueberries Milk	Ants on a Boat: Apple Slices, Sunbutter, Raisins Water
FRIDAY	Lemon Raspberry Muffin *G Banana Milk	Cajun Red Beans & Red Rice Red Cabbage Strawberries Milk V: Garbanzo Salad	Pumpkin Pie Yogurt *D Whole Grain Graham Crackers *G Water Infants: fruit cup

\*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.