



University Avenue Discovery Center Menu for the week of: October 12-16, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WG Oatmeal Fruit Cocktail Milk	English Muffins Peaches Milk	WG Pumpkin Bread Pudding Yogurt Milk	WG Banana Bread Turkey Sausage Milk	WG Pancakes Pears Milk
Lunch	Sloppy Pintos WG Rolls Cucumbers Apples Milk	Saucy Noodles Sliced Gouda Italian Sausages Salad Bananas Milk	Chicken Fajitas Tortilla Chips Bell Peppers Oranges Milk	Veggie Soup Flatbread Cannellini Beans Grapes Milk	Sunbutter jelly Sandwiches WG Goldfish Carrots Pineapples Milk
Snack	Cottage Cheese Applesauce Milk	Baked Apples Toasted Oats Milk	Saltines Watermelon Milk	Pretzels String Cheese Milk	Jungle Crackers 100% Orange Juice Milk

Vegetarian protein alternatives available on days when meat is served:

- Hard-boiled eggs
- Cheese
- Grilled cheese sandwich
- Bean and cheese quesadilla
- Beans (black, or pinto)
- Sun-nut butter and jelly sandwich
- Yogurt (plain, unsweetened)
- Hummus and pita

*Menus are subject to change

**WG=Whole Grain, HM=Homemade, DF=Dairy Free, GF=Gluten Free

***1% unflavored milk is required to be served to children ages 2 and older