



## University Avenue Discovery Center Menu for the week of: October 19-23, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<b>WG</b> Steel Cut Oats Frozen Raspberries Milk	<b>WG</b> Cinna Grahams Tropical Fruits Milk	<b>WG</b> Bagels Pears Milk	<b>WG</b> Muffins Peaches Milk	Cereal Fruit Cocktail Milk
<b>Lunch</b>	Chicken Tortellini Soup Baguettes Cucumbers Oranges Milk	Pizza <b>WG</b> Crust Roast Mushrooms Grapes Milk	Chicken Tenders House Rolls Potatoes Bananas Milk	Fish Nuggets Cheddar Biscuits Bell Peppers Apples Milk	Cheese Quesadillas Goldfish Crackers Carrots Pineapples Milk
<b>Snack</b>	Kale Chips Yogurt Milk	House Doritos Salsa Milk	<b>WG</b> Popcorn Applesauce Milk	Chex Mix Apricots Milk	<b>WG</b> Pretzels String Cheese 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