



University Avenue Discovery Center

Menu for the week of: November 23-25, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WG Bagels Turkey Bacon Milk	WG Muffins Applesauce Milk	Pumpkin Bread Pudding Peaches Milk		
Lunch	Veggie Burgers WG Rolls Cucumbers Grapes Milk	CSA Squash Soup Grilled Cheese Bananas Milk	Turkey Mashed Potatoes WG Bread Apples Milk	Have a Happy and Safe Thanksgiving!	
Snack	WG Cinna Fish Oranges Milk	Sweet Potato Fries Kale Chips Milk	Baked Potato Chips Fruit 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