



University Avenue Discovery Center Menu for the week of: January 11-15, 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WG Savory Bread Pudding Applesauce Milk	Turkey Sausage WG Bagels Milk	Pumpkin Muffins Fruit Cocktail Milk	Cereal Breakfast Burritos Milk	WG Pancakes Peaches Milk
Lunch	Chicken Fajita Rollups Buttermilk Biscuits Cucumbers Oranges Milk	Veggie Stew WG Rolls String Cheese Apples Milk	Shakshuka WG Flatbread Salad Bananas	Lasagna Rollups Baguettes Sweet Potato Fries Grapes Milk	Fish Tacos Coleslaw SC/Salsa Tortilla Chips Pineapples Milk
Snack	Kale Chips Carrots Milk	Cheesy Breadstix Cherry Tomatoes Milk	Pita Hummus Milk	WG Goldfish Cheese Milk	WG Cinnafish Yogurt Milk

Vegetarian protein alternatives available on days when meat is served:

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

*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