



University Avenue Discovery Center Menu for the week of: July 12-16th, 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WG Bagels Grapes Milk	WG Muffins Yogurt Milk	WG Banana Bread Cantaloupes Milk	English Muffins Turkey Sausage Milk	Cereal Applesauce Milk
Lunch	Pepperoni Pasta Bake Flatbread Cucumbers Oranges Milk	Bean Quesadillas SC/Salsa Tortillas Cherry Tomatoes Watermelon Milk	“Lunchables” Turkey/Cheese Lavash WG Crackers Baby Carrots Baby Oranges Milk	Fajita Melts WG Rolls CSA Salad Apples Milk	Grilled Cheese Cool Tomato Soup CSA Veggies Pineapples Milk
Snack	Goldfish Fruit Cocktail	Saltines Strawberries	Honeydews WG Soft Pretzels	String Cheese Kale Chips	WG Popcorn Peaches

- Vegetarian substitutes are provided on meat days:
- Hard boiled eggs
 - Cheese
 - Grilled cheese
 - Bean and cheese quesadilla

- Sunbutter/jelly sandwich
- Plain yogurt

*Menus are subject to change
 *WG=Whole Grain / GF=Gluten Free
 *1% unflavored milk is required for children ages 2 +