



University Avenue Discovery Center Menu for the week of: July 19-23rd, 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WG Oatmeal Peaches Milk	WG Muffins Strawberries Milk	Cereal Fruit Cocktail Milk	WG Bagels Applesauce Milk	English Muffins Grapes Milk
Lunch	Chicken Fajitas WG Tortails Cucumbers Honeydews Milk	GF Chicken Tenders Rice Noodles Cherry Tomatoes Bananas Milk	Veggie Burgers WG Rolls Baby Carrots Watermelon Milk	Kale Pesto Pasta WG Rolls CSA Salad Pineapples Milk	Tortellini WG Flatbread CSA Veggies Cantaloupes Milk
Snack	WG Soft Pretzels Baby Oranges	Apples Kale Chips	Rice Chips Pears	Chex Mix String Cheese	Baked Potato Chips Chocolate Milk

- 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 +