



University Avenue Discovery Center Menu for the week of: July 26-30th, 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal Grapes Milk	WG Oatmeal Strawberries	WG Muffin Bread Fruit Cocktail Milk	WG Toast Applesauce Milk	English Muffins Peaches Milk
Lunch	Cheese Quesadillas Tortilla Chips Cucumbers Watermelon Milk	Fish Nuggets WG Goldfish Baby Carrots Bananas Milk	Macaroni String Cheese Cherry Tomatoes Cantaloupes Milk	Lasagna Rollups WG Flatbread CSA Salad Oranges Milk	Veggie Patties Baguettes CSA Veggies Apples Milk
Snack	WG Pretzel Fish Baby Oranges	WG Cinna Fish Yogurt	WG Goldfish Pineapples	Pita Chips 100 % OJ	WG Popcorn Honeydews

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 +