



## University Avenue Discovery Center Menu for the week of: Oct 4-8, 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<b>WG</b> Banana Bread Apricots Milk	<b>WG</b> Steel Cut Oats Grapefruit Milk	Smoothies CinaGrahams Milk	Cereal Yogurt Milk	Scones Blueberries Milk
Lunch	Quesadillas <b>WG</b> Chips Potato Wedges Oranges Milk	Lasagna <b>WG</b> Flatbread Cucumbers Bananas Milk	Veggie Chili Cornbread CSA Veggies Apples Milk	Fish Samiches <b>WG</b> Rolls CSA Veggies Grapes Milk	Cream of Potato Soup Sliced Gouda CSA Veggies <b>WG</b> Bread Pineapples Milk
Snack	Watermelon <b>WG</b> Jungle Crackers	Roasted Squash Popcorn Chips	<b>WG</b> Goldfish String Cheese	Baked Apples Toasted Oats	OJ <b>WG</b> Pretzel Fish

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

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

- Sunbutter/jelly sandwich
- Plain yogurt