



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

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WG Banana Bread Pears Milk	WG Blueberry Muffins Applesauce Milk	WG Toasted Oats Dried Fruit Yogurt Milk	WG Pancakes Apricots Milk	WG Oatmeal Oranges Milk
Lunch	Pizza WG Crust CSA Veggies Citrus Milk	Chicken Tenders WG Rolls Cucumbers Bananas Milk	Tomato Soup WG Grilled Cheese Saltines Grapes Milk	Lavash Rollups Turkey + Cheese CSA Veggies Apples Milk	Barley Veggie Stew WG Flatbread String Cheese Pineapples Milk
Snack	Honeydews WG Jungle Crackers	Watermelon WG Pretzel Fish	Tortilla Chips Salsa, Cheese	Cereal Milk	Pirates Booty Apples

- 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 +