



## University Avenue Discovery Center

### Menu for the week of: Nov 29-Dec 3, 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	English Muffins Pears Milk	<b>WG</b> Banana Bread Oranges Milk	Turkey Sausage Fruit Cocktail Milk	<b>WG</b> Bagels Apricots Milk	<b>WG</b> Cereal Apples Milk
Lunch	Pizza WG Crust Cucumbers Applesauce Milk	Chicken Tenders Roasted Peppers Blueberries Pita Bread Milk	Chilli Tortilla Chips Green Beans Apples Milk	Vegetable Stir Fry Tofu Rice Bananas Milk	Pasta Tomatoes Chicken Cantelope Milk
Snack	WG Graham Crackers Yogurt	<b>WG</b> Cinnafish Applesauce	Baked Chips Grapes	<b>WG</b> Goldfish Peaches	Saltines String Cheese

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 +