



University Avenue Discovery Center Menu for the week of: Jan 17 - 18 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Closed	Yogurt Bananas Cinnamon Pita Chips Milk	Cranberry Bread Apricots Milk	Sweet Potato Muffins Oranges Milk	Creme Brulee' French Toast Applesauce Milk
Lunch		Eggplant Parmesan Caprese' Salad Garlic Bread Grapes Milk	Chicken or Tofu Thai Curry with Veggies Basmati Rice Pilaf Strawberries Milk	Fish Tacos' Beans & Spanish Rice Salsa/Sour Cream Apples Milk	Chicken or Tofu Veggie Fried Rice Mandarin Oranges Milk
Snack		Baked Chips Oranges	Cheese & Crackers	WG Wheat Thins Grapes	Garlic Pita Chips and Cheese Dip Grapes

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*Menus are subject to change

Vegetarian substitutes are provided on meat days:

- Hard boiled eggs
- Cheese
- Grilled cheese
- Bean and cheese quesadilla
- Sunbutter/jelly sandwich
- Plain yogurt

***WG=Whole Grain / GF=Gluten Free**

***1% unflavored milk is required for children ages 2 +**