



University Avenue Discovery Center Menu for the week of:

June 13 - June 17th 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Turkey Ham & Spinach Quiche or Cheese & Spinach Quiche Strawberries Milk	Bagels, Cream Cheese, & Jelly Oranges Milk	Apples w/Sunbutter Cottage Cheese Milk	Rice Krispies Bananas Milk	Yogurt Blueberries Banana Muffins Milk
LUNCH	WG Crust Cheese Pizza Spinach Salad Grapes Milk	Tofu or Chicken Vegetable Fried Rice Asparagus Pineapple Milk	Bean Soup WG Tortilla Chips Watermelon CSA Vegetable Milk	WG Spaghetti Garlic Cheese Bread Beets Apples Milk	Garden Cheese Burgers on WG Bun Potato Salad Pineapple Milk
Snack	WG Cheez-its Fresh Fruit Salad	WG Pretzels Bananas	WG Goldfish Cinnamon Crackers Oranges	WG Wheat Thins & Cheese Apples	Cinnamon WG Pita Chips Oranges

*Menus are subject to change

*WG=Whole Grain / GF=Gluten Free

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

- Vegetarian substitutes are provided on most days:
- Hard boiled eggs
 - Cheese
 - Grilled cheese
 - Bean and cheese omelette
 - Sunbutter/pelly sandwich
 - Plain yogurt