



## University Avenue Discovery Center Menu for the week of: November 16-20, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Steel Cut Oats Pears Milk	Turkey Sausage Grapefruit Milk	<b>WG</b> Muffins Raspberry Yogurt Milk	Cereal Fruit Cocktail Milk	<b>WG</b> Pancakes Applesauce Milk
<b>Lunch</b>	Pizza <b>WG</b> Crust Cucumbers Oranges Milk	Bean + Cheese Quesadillas Tortilla Chips Roasted Peppers Bananas Milk	Veggie Chili Black Beans Cornbread Grapes Milk	Fish Nuggets <b>WG</b> Rolls Salad Pineapples Milk	Hot Turkey n' Cheese Sandwiches Biscuits Carrots Apples Milk
<b>Snack</b>	Kale Chips Soft Pretzels Milk	<b>WG</b> Banana Bread Chocolate Milk Milk	<b>WG</b> Goldfish Peaches Milk	<b>WG</b> Popcorn String Cheese Milk	Chex Mix Sweet Potato Fries Milk

**Vegetarian protein alternatives available on days when meat is served:**

- Hard-boiled eggs
- Cheese
- Grilled cheese sandwich
- Bean and cheese quesadilla
- Beans (black, or pinto)
- Sun-nut butter and jelly sandwich
- Yogurt (plain, unsweetened)
- Hummus and pita

\*Menus are subject to change

\*\*WG=Whole Grain, HM=Homemade, DF=Dairy Free, GF=Gluten Free

\*\*\*1% unflavored milk is required to be served to children ages 2 and older