



University Avenue Discovery Center Menu for the week of: Sept 20-24, 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WG Bagels Cinna Apples Milk	Smoothies Strawberries Milk	GF Toast Cantaloupe Milk	English Muffins Scrambled Eggs Milk	WG Pumpkin Pancakes Peaches
Lunch	Spaghetti Squash Bake WG Rolls CSA Veggies Apples Milk	Pizza WG Crust Cucumbers Bananas Milk	Cheese+Chicken Quesadillas WG Flatbread Roasted Sweet Potatoes Pineapples Milk	Bean Tacos WG Tortillas Cheddar/SC CSA Veggies Honeydews Milk	Turkey Veggie Soup Macaroni CSA Veggies Oranges Milk
Snack	Baby Oranges WG Goldfish	Watermelon WG Pretzels	WG Cinna Fish Mixed Fruit	Cheesy Pita Sauce	Cereal Milk

- 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 +