

Bellevue College Early Learning Center January Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	5-Jan	6-Jan	7-Jan	8-Jan	9-Jan
Breakfast	Cheerios, peaches, milk	Pumpkin muffins, pears, milk	Toast, strawberries, milk	Oat muffins, bananas, milk	Crispix cereal, pineapple, milk
Lunch	Scrambled eggs, w/w toast, carrot sticks & cucumbers, mixed berries, milk	Fish chowder, corn bread, mixed vegetables, oranges, milk	Oven fried chicken, garlic noodles, green beans, apricots, milk	Herbed lentil and rice casserole, roasted carrots and broccoli, pears, milk	Baked ziti (w/turkey marinara), roasted squash, fruit plate, milk
Snack	Cottage cheese, pineapple, water	Apples/applesauce & bananas, milk	Carrots & broccoli w/ dip, crackers, milk	BC cereal mix, OJ	graham crackers, milk
Late Snack	BC cereal mix, milk	Graham crackers, milk	Pumpkin muffins, milk	Cheese slices, crackers, milk	Oat muffins, milk
	12-Jan	13-Jan	14-Jan	15-Jan	16-Jan
Breakfast	Kix cereal, melon, milk	Waffles, applesauce, milk	Oatmeal, bananas, milk	English muffins, blueberries, milk	Rice chex cereal, oranges, milk
Lunch	Potato corn chowder, cheese slices, w/w bread, kiwi, milk	Spaghetti w/turkey marinara, green beans, pineapple, milk	Chicken enchiladas, green beans, apricots, milk	White bean and veggie soup, corn bread, kiwi, milk	Baked Fish(w ketchup) roasted potatoes & carrots(a), bread, pears, milk
Snack	BC cereal mix, milk	Yogurt, crackers, water	cornbread, apple juice	Pita bread, hummus, milk	Graham crackers & milk
Late Snack	Cheese slices, crackers, water	apples & oranges, milk	Graham crackers, milk	Corn muffins, milk	Bananas, milk
	19-Jan	20-Jan	21-Jan	22-Jan	23-Jan
Breakfast	Closed	Bagels w/cr cheese, blueberries, milk	Fruit muffins, oranges, milk	Zucchini bread, mixed berries, milk	Kix cereal, peaches, milk
Lunch		Cheese lasagna w marinara, cauliflower, kiwi, milk	Chicken noodle soup, cheese & crackers, peas, apricots, milk	Chicken Yakisoba noodle w/ carrots & cabbage, peas, pears, milk	Vegetable chili, grilled cheese, citrus salad, milk
Snack		Biscuits, melon, water	Fruit Scone, Milk	Bananas, crackers, OJ	Cucumber & carrot sticks w/dip, water
Late Snack		Cheese slices, crackers, water	Biscuits, milk	Fruit scones, milk	Graham crackers, milk
	26-Jan	27-Jan	28-Jan	29-Jan	30-Jan
Breakfast	Life cereal, pineapple, milk	Toast, strawberries, milk	Banana bread, peaches, milk	Oatmeal, pears, milk	Crispix cereal, peaches, milk
Lunch	Fried Rice w/ egg, cheese slices, peas & carrots, apricots, milk	Tuna melt w cheese on w/w, mixed veggies, apples/apple sauce, milk	Red beans & rice, roasted carrots/broccoli, kiwi, milk	Macaroni & cheese, broccoli/cauliflower, blueberries, milk	Chicken pot pie, spinach salad, fruit plate, milk
Snack	Bread & butter, oranges, water	Fruit scones, milk	Rice pudding w/pineapple	Carrots & broccoli w/dip, milk	Soft pretzels w/marinara
Late Snack	BC cereal mix, milk	Apples, milk	Fruit scones, milk	Banana bread, milk	Saltines, cheese, water
	2-Feb	3-Feb	4-Feb	5-Feb	6-Feb
Breakfast	Rice chex cereal, peaches, milk	Cheerios, melon, milk	Oat muffins, bananas, milk	English muffins, blueberries, milk	Kix cereal, pineapple, milk
Lunch	Cheese pizza on english muffin, green beans, applesauce, milk	Minestrone, w/w bread, cheese slices, apricots, milk	Tuna rice casserole, broccoli, pears, milk	Bean and Cheese quesadillas, salsa, spinach salad w/egg, apples/applesauce, milk	Turkey meatloaf, bread & butter, sweet potatoes, citrus salad, milk
Snack	BC cereal mix, milk	Cheese biscuits, milk	Mediterranean quinoa salad, water	Mixed fruit plate, milk	Cottage cheese, peaches, water
Late Snack	Graham crackers, milk	Oranges, water	Cheese biscuits, milk	Oat muffins, water	Bananas, milk