

Bellevue College Early Learning Center July 2014 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toast, bananas, milk	Banana bread, peaches, milk	Oat muffin, bananas, milk	Crispix, pineapple, milk	
Lunch	BBQ chicken, w/w buns, potato salad, apricots, milk	Macaroni & cheese, cauliflower, blueberries, milk	Chicken Enchiladas, green beans, melon, milk	Egg salad on w/w bread, sweet potato fries, strawberries, milk	Center Closed
Snack	fruit scones, milk	BC cereal mix, OJ	Fruit plate, milk	Crackers, cheese, OJ	
Late Snack	Apples, milk	fruit scones, milk	Crackers, milk	Bananas, milk	
	30-Jun	1-Jul	2-Jul	3-Jul	
Breakfast	Rice Chex, pears, milk	Toast, applesauce, milk	Cheerios, peaches, milk	Oat muffin, bananas, milk	Rice chex, blueberries, milk
Lunch	Red Beans & Rice, roasted carrots & broccoli, kiwi, milk	Scrambled eggs, w/w toast, carrot sticks & cucumbers, mixed berries, milk	Oven fried chicken, garlic noodles, green beans, apricots, milk	White bean & Veggie soup, corn bread, apples/applesauce, milk	Chicken salad on w/w bread, carrot/broccoli w/dip, oranges, milk
Snack	melon, cheese slices, water	Corn bread, apple juice	veggies w/ dip, crackers, milk	BC cereal Mix, OJ	graham crackers & milk
Late Snack	Graham crackers, milk	BC Cereal Mix, milk	corn bread, milk	Cheese slices, milk	Oat muffins, milk
	7-Jul	8-Jul	9-Jul	10-Jul	11-Jul
Breakfast	Cheerios, melon, milk	Waffles, applesauce, milk	Kix, bananas, milk	English Muffins, apricots, milk	Rice Chex, peaches, milk
Lunch	Tuna & rice casserole, peas, grapefruit, milk	Potato Corn Chowder, cheese slices, w/w Bread, Kiwi, milk	Spaghetti w/turkey marinara, green beans, pineapple, milk	Baked Fish(w ketchup) roasted potatoes & carrots(a), bread, pears, milk	Turkey & cheese rollups w tortilla, cauliflower & broccoli with dip, melon, milk
Snack	apples/applesauce, milk	Yogurt, crackers, water	Corn Muffins, milk	Pita bread, hummus, milk	Soft pretzels w/ marinara, milk
Late Snack	saltines, milk	BC Cereal Mix, milk	Graham crackers, milk	Corn muffins, milk	saltines, OJ
	14-Jul	15-Jul	16-Jul	17-Jul	18-Jul
Breakfast	Crispix, peaches, milk	Bagels w/cr cheese, pears, milk	Toast, strawberries, milk	Cheerios, bananas, milk	English muffins, blueberries, milk
Lunch	Fried Rice w/ egg, cheese slices, peas & carrots, citrus salad, milk	Cheese lasagna w marinara, cauliflower, kiwi, milk	Broccoli cheese soup, hard cooked eggs, crackers, bananas, milk	Chicken Yakasoba noodle w/ carrots & cabbage, peas, apples/applesauce, milk	Pita sandwich w/hummus & Swiss cheese, cucumbers & tomatoes, oranges, milk
Snack	Apples/applesauce, Grahams, milk	Biscuits, melon, water	Fruit Scone, Milk	Yogurt, pineapple, water	BC cereal Mix, milk
Late Snack	BC cereal mix, milk	cheese slices, crackers, water	Biscuits, milk	fruit scones, milk	graham crackers, milk
	21-Jul	22-Jul	23-Jul	24-Jul	25-Jul
Breakfast	Life Cereal, oranges, milk	Toast, bananas, milk	Banana bread, peaches, milk	Oat muffin, bananas, milk	Crispix, pineapple, milk
Lunch	Tuna melt w cheese on w/w, mixed veggies, apples/apple sauce, milk	BBQ chicken, w/w buns, potato salad, apricots, milk	Macaroni & cheese, cauliflower, blueberries, milk	Chicken Enchiladas, green beans, melon, milk	Egg salad on w/w bread, carrots & broccoli w/dip, strawberries, milk
Snack	Yogurt, crackers, water	fruit scones, milk	BC cereal mix, OJ	Fruit plate, milk	Fruit Plate, milk
Late Snack	BC Cereal Mix, milk	Apples, milk	fruit scones, milk	Crackers, milk	crackers, milk
	28-Jul	29-Jul	30-Jul	31-Jul	1-Aug