

Bellevue College Early Learning Center October Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast			oat muffin, banana, milk	waffles, applesauce, milk	crispix, pineapple, milk
Lunch			bean and cheese quesadillas, salsa, spinach salad w/egg, apples, applesauce	red beans & rice, roasted carrots/broccoli, kiwi, milk	Baked ziti (w/cheese & marinara) roasted squash, fruit plate, milk
Snack			BC cereal , OJ	oatmuffin, milk	apples & bananas, milk
Late Snack			cheese biscuits, milk	cheese slices, crackers, milk	graham crackers, milk
			1-Oct	2-Oct	3-Oct
Breakfast	kix, peaches, milk	Oatmeal, berries, milk	zucchini bread, pears, milk	toast, banana, milk	lifc cereal, oranges, milk
Lunch	potato corn chowder, cheesy bread, kiwi, milk	spaghetti w/turkey marinara, green beans, pineapple, milk	minestrone, w/w bread, cheese slices, apricots, milk	baked fish (w/ketchup) roasted potatoes and carrots, bread, blueberries, milk	Macaroni and cheese, green beans, strawberries, milk
Snack	Bread & butter, oranges, water	cornbread, apple juice	yogurt, crackers, water	Mediterranean Quinoa Salad, water	mixed fruit plate, milk
Late Snack	graham crackers, milk	BC Cereal Mix, milk	cornbread, water	zucchini bread, milk	Mediterranean Quinoa Salad, water
	6-Oct	7-Oct	8-Oct	9-Oct	10-Oct
Breakfast	Rice chex, pears, milk	berry parfait, milk	fruit muffin, oranges, milk	Oatmeal, peaches, milk	crispix, pineapple, milk
Lunch	Broccoli cheddar soup, hard boiled eggs, crackers, bananas, milk	Chicken yakisoba noodles w/carrots and cabbage, peas, grapefruit, milk	cheese lasagna w/marinara, cauliflower, fruitplate, milk	sloppy joe on w/w bun, slaw cabbage salad, apricots, milk	Baked chicken, cheese grits, peas, kiwi, milk
Snack	Pita, Hummus, milk	bread pudding w/banana, water	Crackers, Cheese, OJ	Pasta Salad, water	BC Cereal Mix, milk
Late Snack	BC cereal mix, milk	graham crackers, milk	bread pudding w/banana, water	fruit muffin , milk	pasta salad, water
	13-Oct	14-Oct	15-Oct	16-Oct	17-Oct
Breakfast	cheerios, bananas, milk	Waffles, applesauce, milk	toast, strawberries, milk	Bagels w/cr cheese, oranges, milk	life cereal, pears, milk
Lunch	Tuna melt w/cheese on w/w roll, green beans, peaches, milk	white bean and veggie soup, corn bread, bananas, milk	Chicken enchiladas, salsa, green beans, melon, milk	Herbed lentil and Rice Casserole, roasted carrots and broccoli, pears, milk	turkey meatloaf, bread & butter, sweet potatoes, citrus salad, milk
Snack	Melon, crackers, water	Cottage Cheese, Pineapple, water	Quinoa Salad w/apples & butternut squash, milk	Bananas, crackers, OJ	BC Cereal Mix, milk
Late Snack	Saltines, cheese, milk	graham crackers, milk	veggies, hummus, water	Quinoa Salad w/apples & butternut squash, milk	bagels, butter, milk
	20-Oct	21-Oct	22-Oct	23-Oct	24-Oct
Breakfast	life cereal, pears, milk	Oatmeal, mixed berries, milk	English muffin, blueberries, milk	fruit muffin, melon, milk	Toast, applesauce, milk
Lunch	fried rice w/egg, cheese slices, mixed vegetables, apples/applesauce, milk	Fish chowder, corn bread, mixed vegetables, bananas, milk	Oven fried chicken, garlic noodles, green beans, apricots, milk	vegetable chili, grilled cheese, peaches, milk	chicken pot pie, spinach salad, fruit plate, milk
Snack	Cottage Cheese, Peaches, Water	cheese biscuit, milk	Rice pudding w/pineapple	Crackers, Cheese, OJ	Soft pretzel, marinara, milk
Late Snack	apples, milk	graham crackers, milk	cheese biscuits, milk	rice pudding w/pineapple	fruit mufin, milk
	27-Oct	28-Oct	29-Oct	30-Oct	31-Oct