

Bellevue College Early Learning Center - September 2017 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
					Sept 1
Breakfast					Cheerios, Melon, Milk
Lunch					Turkey & Cheese Sandwiches w/w bread*, cucumbers/tomatoes/ lettuce, fruit plate, milk
Snack					Cereal Mix, life, cheerios, kix, crispix, milk
Late Snack					banana, water
	Sept 4	Sept 5	Sept 6	Sept 7	Sept 8
Breakfast	Closed	Crispix cereal, oranges, milk	Oatmeal*, strawberries, milk	Banana bread, raspberries, milk	English muffin, blueberry smoothies, water
Lunch		Herbed lentil and brown rice* casserole, roasted carrots and potatoes, apricots, milk	Chicken yakisoba noodles w/ carrots & cabbage, peas, peaches, milk	Macaroni & cheese, green beans, pears, milk	Chicken salad on w/w bread*, carrots/broccoli, melon, milk
Snack		Cottage cheese, peaches water	Crackers, cheese, water	w/w Bread*, oranges, water	Soft pretzels w/marinara
Late Snack		Apples, water	Oranges, water	Bananas, water	Apples, water
	Sept 11	Sept 12	Sept 13	Sept 14	Sept 15
Breakfast	Cheerios, banana, milk	Waffles, baked apples, milk	Mixed berry w/yogurt, water	Closed	Oatmeal, raspberries, milk
Lunch	Cheese pizza on w/w eng. muffin*, green beans, apples/ applesauce, milk	Fried brown rice* w/egg, cheese slices, mixed vegetables, kiwi, milk	Bean and cheese quesadillas, w/w tortillas*, salsa, spinach salad pears, milk		Tuna salad on whole wheat bread*, cucumbers, tomatoes, lettuce, fruit plate, milk
Snack	Cereal Mix, life, cheerios, kix, crispix, milk	Cheese biscuits, milk	Carrot sticks, cucumbers, hummus, water		cheese, crackers, water
Late Snack	Oranges, water	Bananas, milk	Apples, water		Oranges, water
	Sept 18	Sept 19	Sept 20	Sept 21	Sept 22
Breakfast	Rice chex cereal, blueberries, milk	Pancakes, baked apples, milk	Bagels, mixed berries, Milk	Oatmeal*, peaches, milk	Fruit muffins, banana, milk
Lunch	Sloppy joe sliders (turkey) on whole wheat roll*, cabbage slaw, pears, milk	Red beans & brown rice*, roasted carrots/potatoes, apricots, milk	Chicken enchiladas, w/w tortilla* salsa, green beans, oranges, milk	Baked fish, roasted potatoes & carrots, bread, kiwi, milk	Egg salad on whole wheat bread*, sweet potato fries, melon, milk
Snack	Cottage cheese, peaches, water	Biscuits, melon, water	Carrots, broccoli w/dip, milk	Pita bread, hummus, water	Cereal Mix, life, cheerios, kix, crispix, milk
Late Snack	Apples, water	Oranges, water	Bananas, water	Apples, water	Oranges, water
	Sept 25	Sept 26	Sept 27	Sept 28	Sept 29
Breakfast	Kix cereal, peaches, milk	Zucchini bread, mixed berries, milk	Strawberries, yogurt, milk	Oatmeal*, peaches, milk	Kixs, melon, milk
Lunch	Broccoli cheddar soup, whole wheat roll*, blueberries ,milk	Turkey and cheese sandwiches on w/w bread*, broccoli, apricots, milk	Cheese lasagna w/marinara, w/w noodle* broccoli/cauliflower, kiwi, milk	Chicken curry casserole, peas & carrots, pears, milk	Baked ziti w/cheese, marinara and w/w noodles* roasted squash, fruit plate, milk
Snack	Creamy Banana rice , apricots, water	Creamy Cinnamon Bread, milk	Fruit scone, milk	Cottage cheese, pears water	Cornbread, milk
Late Snack	Bananas, water	Oranges, water	Apples, water	Bananas, water	Oranges, water

* WGR- Whole Grain Requirement as per USDA standards

