

## Bellevue College Early Learning Center July 2015 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
			1-Jul	2-Jul	3-Jul
<b>Breakfast</b>			Oatmeal, peaches, milk	Bagles ,strawberry smoothies, water	<b>Closed</b>
<b>Lunch</b>			Chicken enchiladas, salsa, green beans, oranges, milk	Turkey & cheese rollups w/tortilla, cauliflower/broccoli w/dip, melons, milk	
<b>Snack</b>			Carrots & broccoli w/ dip, crackers, milk	BC cereal mix, Milk	
<b>Late Snack</b>			Bananas, water	Apples, water	
	6-Jul	7-Jul	8-Jul	9-Jul	10-Jul
<b>Breakfast</b>	Strawberry parfait, milk	Waffles, baked apples, milk	Oatmeal, raspberries, milk	Zucchini bread, mixed berries, milk	Kix, peaches milk
<b>Lunch</b>	Spaghetti w/turkey marinara, green beans, apricots, milk	Chicken curry casserole, peas & carrots, pears, milk	Cheese lasagna w marinara, broccoli/cauliflower, kiwi, milk	Tuna melt w cheese on w/w, mixed veggies, apples/applesauce, milk	Pita sandwich w/hummus & swiss cheese, cucumbers & tomatoes, oranges, milk
<b>Snack</b>	Bananas, crackers, water	Bread pudding w/banana, milk	Fruit scones, Milk	Carrot sticks, cucumbers w/white bean dip, crackers, water	Crackers, cheese, water
<b>Late Snack</b>	Apples, water	Oranges, water	Bananas, water	Apple, water	Oranges, water
	13-Jul	14-Jul	15-Jul	16-Jul	17-Jul
<b>Breakfast</b>	Toast, hard boiled eggs, strawberries, milk	Oatmeal, bananas, milk	English muffin, blueberry smoothies, water	Banana bread, raspberries, milk	Crispix, oranges, milk
<b>Lunch</b>	Herbed lentil and Rice Casserole, roasted carrots and broccoli, pears, milk	Sloppy Joe Slider (turkey) on w/w roll, cabbage slaw, apricots, milk	Chicken Yakisoba noodle w/ carrots & cabbage, peas, peaches, milk	Macaroni & cheese, green beans, mixed berries, milk	Chicken salad on w/bread, carrots/broccoli w/dip, melon, milk
<b>Snack</b>	Crackers, cheese, water	Bread, oranges, water	Rice pudding w/apricots	Carrots & broccoli w/dip, crackers, milk	Soft pretzels w/marinara
<b>Late Snack</b>	Bananas, water	Apples, water	Oranges, water	Bananas, water	Apples, water
	20-Jul	21-Jul	22-Jul	23-Jul	24-Jul
<b>Breakfast</b>	Mixed berry parfait, water	Pancakes, baked apples, milk	Oatmeal, peaches, milk	English muffins, hardboiled eggs, blueberries, milk	Cheerios, melon, milk
<b>Lunch</b>	Cheese pizza on Eng. Muffin, green beans, applesauce, milk	Fried Rice w/ egg, cheese slices, bok choy, pears, milk	BBQ Chicken, w/w buns, potato salad, apricots, milk	Bean and Cheese quesadillas, salsa, spinach salad W/egg, apples/applesauce, milk	Tuna Salad on w/w bread, cucumbers/tomatoes/lettuce, fruit plate, milk
<b>Snack</b>	BC Cereal Mix, milk	Cheese Biscuits, milk	Mediterranean Quinoa Salad, water	Carrot sticks, cucumber w/white bean dip, water	cottage cheese, peaches, water
<b>Late Snack</b>	orange, water	banana, water	apple, water	orange, water	banana, water
	27-Jul	28-Jul	29-Jul	30-Jul	31-Jul
<b>Breakfast</b>	Rice Chex, hard boiled eggs, blueberries, milk	Waffles, baked apples, milk	Oatmeal, peaches, milk	Bagles, mixed berry smoothies, water	Fruit muffin, bananas, milk
<b>Lunch</b>	Scrambled eggs, w/w toast, mixed vegetables, strawberries, milk	Red beans & rice, roasted carrots/broccoli, apricots, milk	Chicken enchiladas, salsa, green beans, oranges, milk	Baked Fish, roasted potatoes & carrots, bread, pears, milk	Egg salad on w/w bread, sweet potato fries, melon, milk
<b>Snack</b>	Biscuits, melon, water	Cottage cheese, peaches, water	Carrots & broccoli w/ dip, crackers, milk	Pita bread, hummus, water	BC cereal mix, milk
<b>Late Snack</b>	Apples, water	Oranges, water	Bananas, water	Apples, water	Oranges, water