

Bellevue College Early Learning Center February 2012 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast			English muffins, bananas, milk	Fruit muffins, oranges, milk	Rice Chex, pears, milk
Lunch			Spaghetti w/turkey marinara, green beans, kiwi, milk	White Bean & Veggie Soup, Corn Bread, apricots, milk	Tuna Melt on English Muffin, carrots & broccoli, grapefruit, milk
Snack			Banana rice pudding, OJ	Cheese bread, OJ	BC Cereal Mix, milk
Late Snack			Cheesy Corn Muffins, milk	Bananas, milk	graham crackers, milk
			1-Feb	2-Feb	3-Feb
Breakfast	Crispix, peaches, milk	Banana bread, pears, milk	RiceChex, oranges, milk	English muffins, apricots, milk	Kix, peaches, milk
Lunch	Baked herb chicken, garlic noodles, baked carrots, mandarin oranges, milk	Cheese Pizza, broccoli & carrot sticks, pineapple, milk	Turkey meat loaf, bread, peas & carrots, blueberries, milk	Taco Bar w veg refried beans, cheese, lettuce, corn/ wheat tortilla, carrots, bananas, milk	Cheese lasagna w marinara, cauliflower, blueberries, milk
Snack	Pita bread, hummus, milk	Fruit Scone, Milk	Cottage Cheese, crackers, water	Cheese biscuits, apple juice	Crackers, oranges, milk
Late Snack	apples, milk	BC cereal mix, milk	Fruit Scone, milk	Bananas, milk	cheese biscuit, milk
	6-Feb	7-Feb	8-Feb	9-Feb	10-Feb
Breakfast	Crispix , blueberries, milk	Bagels w/cr cheese, bananas, milk	Cheerios, melon, milk	Toast, peaches, milk	Oat Muffins, applesauce, milk
Lunch	Grilled cheese sandwich on w/w, green beans, pears, milk	Chicken noodle soup, cheese & crackers, peas, apricots, milk	Macaroni & cheese, green beans, blueberries, milk	Red Beans & Rice, cucumber & carrot sticks, apples/applesauce, milk	Chicken Yakisoba with cabbage & carrots, bananas, milk
Snack	Applesauce, Grahams, milk	BC cereal mix, OJ	Yogurt, crackers, OJ	Garlic bread sticks, pineapple juice	Veggie plate w/ranch dip, milk
Late Snack	Crackers and milk	Apples, milk	BC cereal mix, milk	Bananas, milk	graham crackers, milk
	13-Feb	14-Feb	15-Feb	16-Feb	17-Feb
Breakfast		Biscuits, bananas, milk	Kix, oranges, milk	Fruit muffins, oranges, milk	Cheerios, peaches, milk
Lunch	Center Closed	Black bean & cheese quesadillas, spinach salad w/egg, pineapple, milk	Chicken Enchiladas, green beans, apricots, milk	Rice and Lentil Casserole, mixed veggies, melon, milk	Sloppy Joe Slider (turkey) on w/w, broccoli w/dip, Kiwi, milk
Snack		Bread & butter squares, OJ	Corn bread, apple juice	Citrus salad, milk	BC cereal mix, milk
Late Snack		BC cereal mix, milk	bananas, milk	corn bread, milk	bread & butter , milk
		20-Feb	21-Feb	22-Feb	23-Feb
Breakfast	Life Cereal, pears, milk	Oatmeal, berries, milk	English muffins, bananas, milk	Center Closed Staff In-Service Day Center Closed	Rice Chex, pears, milk
Lunch	Tuna & rice casserole, peas, pineapple , milk	Scrambled eggs, w/w toast, broccoli, melon, milk	Spaghetti w/turkey marinara, green beans, kiwi, milk		Tuna Melt on English Muffin, carrots & broccoli, grapefruit, milk
Snack	BC Cereal Mix, milk	Cheesy Corn Muffins, milk	Banana rice pudding, OJ		Bagels w/cream cheese, OJ
Late Snack	graham crackers, milk	Saltines, milk	Cheesy Corn Muffins, milk		BC cereal mix, milk
	27-Feb	28-Feb	29-Feb	1-Mar	2-Mar