

Bellevue College Early Learning Center November 2009 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Rice chex, mandarin oranges(c), milk	Fruit muffin, oranges, milk	Bagel/cr. cheese, pears, milk	Crispix , bananas, milk	English muffin, apricots, milk
Lunch	Egg salad, w/w bread, broccoli, apples/applesauce,milk	Rice & lentil casserole, mixed veggies, peaches, milk	White Bean & Veggie Soup, corn bread, melon , milk	Chicken Enchiladas, green beans, apricots, milk	Pita sandwich w/ hummus & cheese, cucumbers & tomatoes, apples/applesauce, milk
Snack	Cheese & crackers, OJ	Carrots & broccoli w/dip, milk	Yogurt, graham crackers, water	Cheese biscuits, apple juice	BC Cereal Mix, milk
Late Snack	BC Cereal Mix, milk	graham crackers, milk	Bananas, milk	Assorted crackers, milk	Cheese biscuits, milk
	2-Nov	3-Nov	4-Nov	5-Nov	6-Nov
Breakfast	Crispix, pears, milk	Waffles, peaches, milk	Kix, bananas, milk	Toast, oranges, milk	Banana bread, peaches, milk
Lunch	Baked herb chicken, brown rice, broccoli, melon, milk	Vegetarian Chili w/beans & cheese, mixed veggies, apples/applesauce, saltines, milk	Tuna Melts w/cheese, broccoli, mandarin oranges, milk	Cheese lasagna w marinara, cauliflower, strawberries, milk	Turkey & cheese w/tortillas, cauliflower & broccoli, bananas, milk
Snack	Bagels w/ cr. cheese, milk	Oranges, BC cereal, water	Cottage cheese, crackers, water	Corn bread, apple juice	Oranges/Apples Fruit Plate, milk
Late Snack	graham crackers, milk	Bananas, milk	Crackers, milk	BCC cereal mix, milk	Corn bread, milk
	9-Nov	10	11	12	13-Nov
Breakfast	Kix, pears, milk	Apple Muffin, oranges(c), milk	Cherrios, bananas, milk	Life cereal, melon, milk	Bagels, peaches, milk
Lunch	Hard cooked eggs, W/W rolls, broccoli(a) cheddar soup, blueberries, milk	Macaroni & cheese, peas, melon, milk	Black bean & cheese quesadillas, mixed veggies, Kiwi, milk	Spaghetti w/turkey marinara, green beans, grapefruit, milk	Chicken salad, w/w bread, carrot & broccoli w/dip,orange slices, milk
Snack	Yogurt, apricots(a), water	BCC cereal mix, milk	Cheesy Corn Muffins, milk	Yogurt, blueberries, water	Soft pretzel w/marinara, OJ
Late Snack	Assorted crackers, milk	Bananas, milk	Saltines, OJ	bananas, milk	crackers, milk
	16-Nov	17	18	19	20-Nov
Breakfast	Cheerios, pineapple,milk	Banana bread, peaches, milk	Waffles, bananas, milk		
Lunch	Cheesy Bread, Sweet Potatoes, blueberries, milk	Fried Rice w/ eggs, cheese slices, peas & carrots, apricots, milk	Baked Fish(w ketchup) roasted potatoes & carrots(a), bread, pears, milk	CLOSED	CLOSED
Snack	Peach muffin squares, milk	Pita bread, hummus, apple juice	Cheese slices, oranges, milk		
Late Snack	Graham crackers, milk	Peach muffin squares, milk	BC cereal mix, milk		
	23-Nov	24	25	26	27-Nov
Breakfast	Rice chex, mandarin oranges(c), milk	Fruit muffin, oranges, milk	Bagel/cr. cheese, pears, milk	Crispix , bananas, milk	English muffin, apricots, milk
Lunch	Egg salad, w/w bread, broccoli, apples/applesauce,milk	Rice & lentil casserole, mixed veggies, peaches, milk	White Bean & Veggie Soup, corn bread, melon , milk	Chicken Enchiladas, green beans, apricots, milk	Pita sandwich w/ hummus & cheese, cucumbers & tomatoes, apples/applesauce, milk
Snack	Cheese & crackers, OJ	Carrots & broccoli w/dip, milk	Yogurt, graham crackers, water	Cheese biscuits, apple juice	BC Cereal Mix, milk
Late Snack	BC Cereal Mix, milk	graham crackers, milk	Bananas, milk	Assorted crackers, milk	Cheese biscuits, milk
	30-Nov	1-Dec	2-Dec	3-Dec	4-Dec

