

Bellevue College Early Learning Center September 2022 Menu					
	Monday	Tuesday	Wednesday	Thursday	Friday
	29-Aug	30-Aug	31-Aug	1-Sep	2-Sep
Breakfast	Crispex, Peaches, Milk	Scrambled egg, toast, mixed berries, Milk	Waffles, raspberry sauce, Milk	Yogurt, Granola, mixed berries Milk	Oatmeal, Blueberries, Milk
Lunch	Red Beans, Brown Rice*, cheese slices, Pears, Milk	Veggie Pasta, cheese slices, w/w rolls, mixed berries, milk	Grilled pita bread veggie patty and cheese sandwiches, <b>green beans</b> , watermelon, milk	Turkey Meatloaf, Sweet Potato Fries, W/w Rolls, <b>stone fruit</b> , Milk	Tropical Bean Salad on w/w Tortilla, Lettuce, oranges, milk
Snack	Carrot Sticks, Bell Pepper, Dip, Milk	Baked Pretzels, Marinara, Water	Sun Butter, Apples, Water	BC Cereal Mix: Chex,Cheerios, Kix, Milk	Fruit Muffins, Milk
Late Snack	Oranges, Water	Apples, Water	Crackers, Water	Apples, Water	Oranges, Water
	5-Sep	6-Sep	7-Sep	8-Sep	9-Sep
Breakfast	Closed	Bananas, scrambled eggs,w/w Toast*, Milk	Oatmeal, Blueberries, Milk	Waffles, Mixed Berries, Milk	W/w Bagel, Cream Cheese, Blackberries, Milk
Lunch		Chic' Penne with w/w noodles, broccoli, Melon, Milk	Chicken pot pie, <b>corn on the cob</b> , apples, milk	Eggplant Parmesan, W/w Rolls, <b>fresh Pears</b> , Milk	Rice Vegetable casserole with Brown Rice*, Cheese Slices, Fruit Salad, Milk
Snack		Carrot Sticks, Bell Pepper, Dip, Milk	Cheese Biscuits, Milk	Sun Butter, Bread, Water	Baked Pretzels, Marinara, Water
Late Snack		Apples, Water	Crackers, Water	apples, Water	bananas, Water
	12-Sep	13-Sep	14-Sep	15-Sep	16-Sep
Breakfast	Bran Cereal, raspberries, Milk	Oatmeal, Blueberries, Milk	Spinach Quiche, w/w Toast*, Milk	Closed	W/w Bagel, Cream Cheese, Blackberries, Milk
Lunch	Tomato Soup, Grilled Cheese on w/w bread, green beans , Tropical Fruit Salad, Milk	Turkey Picadillo, brown rice* Black beans, melon, Milk	Mac n Cheese, W/w Bread, Asian Salad, Raspberries, Milk		Finger food Friday-Pita Bread, turkey lunch meat, cheese, <b>corn on the cob</b> , watermelon, Milk
Snack	W/w Bagel, Cream Cheese, Water	Banana Oat Snack, Milk	Cheese Biscuits, Milk		<b>Pear Bars</b> , Milk
Late Snack	Crackers, Water	Apples, Water	Crackers, Water		Melon, Water
	19-Sep	20-Sep	21-Sep	22-Sep	23-Sep
Breakfast	Kix, Pears, Milk	Baked Apples, cheese, Milk	Milk, Oatmeal, Raspberries	Milk, W/w Bagel, Cream Cheese, Mixed Fruit	Pancakes, mixed berries, milk
Lunch	Tropical Bean Salad on w/w Tortilla, Lettuce, oranges, milk	Baked Potato Bar, Ground Turkey, Cheese, Mixed Veggies, sour cream, Apples, Milk	Baked Breaded fish, dip, corn, <b>Pears</b> , Milk	Turkey and Cheese Sliders on w/w rolls, Strawberries, <b>Corn on the cob</b> , milk	Lentils and Brown Rice*, W/w Pita Bread*, Mixed Berries, Cheese slices, Milk
Snack	Cheese, Crackers, Water	Fruit Scones, Milk	Yogurt, Raspberries, Water	Carrot Sticks, Bell Pepper, Dip, Milk	BC Cereal Mix: Chex,Cheerios, Kix, Milk
Late Snack	Oranges, Water	Apples, Water	Crackers, Water	Bananas, Water	Melon, Water
	26-Sep	27-Sep	28-Sep	29-Sep	30-Sep
Breakfast	Crispex, Peaches, Milk	Scrambled egg, toast, mixed berries, Milk	Waffles, raspberry sauce, Milk	Yogurt, Granola, mixed berries Milk	Oatmeal, Blueberries, Milk
Lunch	Cheese W/W English Muffin Pizza, green beans, apples, Milk	Veggie Pasta, cheese slices, w/w rolls, mixed berries, milk	Cheese and Bean Quesadillas, w/w Tortillas, Salsa, Guacamole, watermelon, Milk	Turkey Meatloaf, Sweet Potato Fries, W/w Rolls, pears, Milk	Veggie nuggets, dip ,corn on the cob, watermelon, milk
Snack	Carrot Sticks, Bell Pepper, Dip, Milk	Baked Pretzels, Marinara, Water	Sun Butter, Apples, Water	BC Cereal Mix: Chex,Cheerios, Kix, Milk	Fruit Muffins, Milk
Late Snack	Oranges, Water	Apples, Water	Crackers, Water	Apples, Water	Oranges, Water
* Denotes a USDA approved Whole Grain Item <b>Bold/Italics</b> denote Harvest of the Month items Mixed Veggies are comprised of Peas, beans, carrots, and corn			Whole milk is served for ages 12-23 months  1% milk is served for ages 2+ per USDA standards		

## Bellevue College Early Learning Center Sept 2022 Menu

### Vegetarian Meal Substitutions

Date	Sept-1	Sept-6	Sept-7	Sept-13	Sept-16
Lunch	Veggie patty, Sweet Potato Fries, W/w Rolls, stone fruit, Milk	Cheese Penne with w/w noodles, broccoli, Melon, Milk	Veggie pot pie, corn on the cob, apples, milk	Bean Picadillo, brown rice* Black beans, melon, Milk	Finger food Friday-Pita Bread, veggie patty, cheese, corn on the cob, watermelon, Milk
Date	Sept-20	Sept 21	Sept-22	Sept-29	
Lunch	Baked Potato Bar, Ground veggie patty, Cheese, Mixed Veggies, sour cream, Apples, Milk	Baked Breaded veggie patty, dip, corn, Pears, Milk	Cheese Sliders on w/w rolls, Strawberries, Corn on the cob, milk	Veggie Patty, Sweet Potato Fries, W/w Rolls, pears, Milk	
Date					
Lunch					

Dairy products substituted with soy or rice products as needed.