

Bellevue College Early Learning Center July 2023 Menu					
	Monday	Tuesday	Wednesday	Thursday	Friday
	3-Jul	4-Jul	5-Jul	6-Jul	7-Jul
Breakfast	Yogurt,Granola Mixed Berries , Milk	Closed	Oatmeal, Blueberries, Milk	Spinach Quiche, w/w Toast*, Milk	Bran Cereal, Bananas, Milk
Lunch	Tomato Soup, Grilled Cheese on w/w bread, Fresh Broccoli, Tropical Fruit Salad, Milk		Baked Chicken, Garlic Noodles, green beans, apples, milk	Mac n Cheese, Mixed Veggies, Fresh Raspberries, Milk	Pita Bread, turkey lunch meat, cheese, carrot sticks, dip, watermelon, Milk
Snack	W/w Bagel, Cream Cheese, water		Cheese, Crackers, Water	Cheese Biscuits, Milk	Banana Oat Snack, Milk
Late Snack Breakfast	Oranges, Water		Crackers, Water	Bananas, Water	Melon, Water
	10-Jul	11-Jul	12-Jul	13-Jul	14-Jul
	Kix, Pears, Milk	Oatmeal, Raspberries Milk	French Toast Sticks Applesauce,milk	Milk, W/w Bagel, Cream Cheese, Mixed Fruit	French Toast Sticks, Rhubarb sauce, Milk
Lunch	Cheese and Bean Quesadillas, w/w Tortillas, Salsa, Guacamole, watermelon, Milk	Red Beans, Brown rice*, Carrots, pears, milk	Baked Potato bar,Ground Turkey,Cheese,mixed Veggies blueberries,milk	Spaghetti W/w Noodles, sliced cheese, Marinara, peas, strawberries, Milk	Sun Butter, W/w Bread, Locally Sourced Jam, Apples, Carrot Sticks, Milk
Snack	Cheese, Crackers, Water	Fruit Scones, Milk	Yogurt, Raspberries, Water	Rhubarb Bars, Milk	W/w Bread, Sun Butter, Water
Late Snack Breakfast	Bananas, Water	Apples, Water	Crackers, Water	Bananas, Water	Apples, Water
	17-Jul	18-Jul	19-Jul	20-Jul	21-Jul
	Crispex, Peaches, Milk	Oatmeal, Blueberries, Milk	W/W Pancakes, raspberry sauce , Milk	Yogurt, Granola, mixed berries Milk	Spinach Quiche, Mixed Fruit, Milk
Lunch	Rice Vegetable casserole with Brown Rice*, Cheese Slices, Tropical Fruit Salad, Milk	Teriyaki Chicken, Pineapple, Green Beans, Brown Rice*, Milk	Turkey Picadillo brown rice Black beans Blueberries milk	Fried rice W/Egg, Mixed Veggies, Tropical fruit salad milk	Pita bread, veggie patty and cheese sandwiches, corn on the cob, watermelon, milk
Snack	Sun Butter, Apples, Water	banana oat snack, milk	Carrot Sticks, peas, Dip, Milk	BC Mix: Chex,Cheerios, Kix, Milk	Fruit Muffins, Milk
Late Snack Breakfast	Oranges, Water	Apples, Water	Crackers, Water	Apples, Water	Oranges, Water
	24-Jul	25-Jul	26-Jul	27-Jul	28-Jul
	Kix, Apple Sauce, Milk	Oatmeal, Blueberries, Milk	W/w English Muffin, Veggie Sausage, Cheese, Milk	Baked Raspberry crisp, cheese, milk	Milk, Mixed Berries, Yogurt, Granola
Lunch	Baked Ziti,Marinera Cheese,Corn on the Cob Peaches milk	Tacos, Beans, Lettuce, Cheese, Ground Turkey, salsa, Guacamole,w/w Tortillas, apples,milk	Bake breaded fish, roasted potatoes, carrots, raspberries, milk	Lentils and Brown Rice*, Roasted Carrots, Oranges, Milk	Tuna Sandwiches, W/bread, tropical fruit salad, carrot stick w/dip, milk
Snack	Crackers and cheese, water	Baked Pretzels, Marinara, Water	Bell Pepper, Carrot Sticks, Dip, Milk	BC Cereal Mix: Chex, Cheerios, Kix, Milk	Sun Butter, Apples, Water
Late Snack	Oranges, Water	Apples, Water	Crackers, Water	Bananas, Water	Melon, Water
	31-Jul	1-Aug	2-Aug	3-Aug	4-Aug
	Crispex, Peaches, Milk	French toast, Applesauce milk	Oatmeal, blackberries, Milk	W/w English Muffin, Veggie Sausage, Cheese, Milk	Milk, Mixed Berries, Yogurt, Granola
Lunch	Chicken Curry Casserole, roasted potatoes, W/w Rolls, Apples, Milk	Vegetable Nuggets, Sweet potato fries, tartar sauce, strawberries, milk	Spaghetti W/w Noodles, Ground Turkey, Marinara, fresh peas , bananas, Milk	Black bean enchilladas, guacamole, salsa, Strawberries, Milk	Sun Butter w/wBread, Locally sourced Jam, Apples, carrot, milk
Snack	BC Cereal Mix: Chex, Cheerios, Kix, Milk	Fruit Scones, Milk	Peas, Carrot sticks, Dip, Milk	Crackers and cheese, water	Fruit Crisp, Cheese Slices, Water
Late Snack	Oranges, Water	Apples, Water	Crackers, Water	Bananas, Water	Melon, Water
* Denotes a USDA approved Whole Grain Item 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		