

Lower Columbia College Early Learning Center

Breakfast

(Two Week Rotating Menu)

February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 *Chef Choice Muffin Pears Milk	2 *French Toast Blueberries Milk
5 Rice Crispis Fruit cocktail Milk	6 #Chef's Choice Muffin Applesauce Milk	7 Whole Wheat Bagel Blueberries Milk	8 Whole Wheat Toast WGR Cantaloupe Milk	9 *Waffles WGR Strawberries Milk
12 Oatmeal WGR Apricots Milk	13 Cheerios WGR Bananas Milk	14 *Biscuits Peaches Milk	15 *Chef's Choice Muffin Pears Milk	16 *French Toast Blueberries Milk
19 CLOSED PRESIDENT'S DAY	20 #Chef's Choice Muffin Applesauce Milk	21 Whole Wheat Bagel Blueberries Milk	22 Whole Wheat Toast WGR Cantaloupe Milk	23 *Waffles WGR Strawberries Milk
26 Oatmeal WGR Apricots Milk	27 Cheerios WGR Bananas Milk	28 *Biscuits Peaches Milk		

ALLERGY ALERT *Contains Dairy # Contains Egg + Contains Beef

WATER IS SERVED AT ALL MEALS AND UPON REQUEST THROUGHOUT THE DAY

This institution is an equal opportunity provider.

Lower Columbia College Early Learning Center

Lunch

(Two Week Rotating Menu)

February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Breast Whole Wheat Roll WGR Green beans Strawberries Milk	2 Tuna salad Sandwich on wheat bread WGR Carrots Applesauce Milk
5 Ham Green beans Mandarin Oranges Whole Wheat Roll WGR Milk	6 *Bean and cheese Burrito WGR Diced Tomatoes Pears Milk	7 +Sweet & Sour Meatballs Rice Mixed Veggies Fruit Cocktail Milk	8 +Chili w/meat and beans Peas Pineapple Cornbread Milk	9 Chicken salad Sandwich on wheat bread WGR Cucumbers Apricots
12 Chicken Nuggets Whole Wheat Roll WGR Beets Fruit cocktail Milk	13 Baked Beans w/Frankfurters *Cornbread Peas Pineapple Milk	14 # *Breakfast casserole w/eggs & potatoes. Whole Wheat Tortilla WGR Mandarins Milk	15 Chicken Breast Whole Wheat Roll WGR Green beans Strawberries Milk	16 Tuna salad Sandwich on wheat bread WGR Carrots Applesauce Milk
19 CLOSED PRESIDENT'S DAY	20 *Bean and cheese Burrito WGR Diced Tomatoes Pears Milk	21 +Sweet & Sour Meatballs Rice Mixed Veggies Fruit Cocktail Milk	22 +Chili w/meat and beans Peas Pineapple Cornbread Milk	23 Chicken salad Sandwich on wheat bread WGR Cucumbers Apricots
26 Chicken Nuggets Whole Wheat Roll WGR Beets Fruit cocktail Milk	27 Baked Beans w/Frankfurters *Cornbread Peas Pineapple Milk	28 # *Breakfast casserole w/eggs & potatoes. Whole Wheat Tortilla WGR Mandarins Milk		

ALLERGY ALERT *Contains Dairy # Contains Egg + Contains Beef =Not counted in meal pattern

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2:30 Snack

(Two Week Rotating Menu)

February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Whole Wheat Ritz Crackers Corn Spears Milk	2 Refried Beans & Cheese Corn chips Milk
5 *Yogurt Blueberries Milk	6 Graham Crackers Bananas Milk	7 Broccoli String Cheese Milk	8 Chow Mein Noodles Mandarin oranges Milk	9 Whole Wheat Ritz Crackers Cauliflower Milk
12 Cottage Cheese Peaches Milk	13 Whole Wheat Bagel Applesauce Milk	14 Wheat Thins WGR *Cheese slices Milk	15 Whole Wheat Ritz Crackers Corn Spears Milk	16 Refried Beans & Cheese Corn chips Milk
19 CLOSED PRESIDENT'S DAY	20 Graham Crackers Bananas Milk	21 Broccoli String Cheese Milk	22 Chow Mein Noodles Mandarin oranges Milk	23 Whole Wheat Ritz Crackers Cauliflower Milk
26 Cottage Cheese Peaches Milk	27 Whole Wheat Bagel Applesauce Milk	28 Wheat Thins WGR *Cheese slices Milk		

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5:00 Snack

(Four Week Rotating Menu)

February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Whole Wheat Club crackers Milk	2 Ritz Milk
5 Whole Wheat Club crackers Milk	6 Whole Wheat Ritz Crackers Milk	7 Whole Grain Cheese Its WGR Milk	8 Graham Crackers Milk	9 Saltines Milk
12 Goldfish Crackers Milk	13 Oyster Crackers Milk	14 Graham Crackers Milk	15 Whole Wheat Club crackers Milk	16 Ritz Milk
19 CLOSED PRESIDENT'S DAY	20 Whole Wheat Ritz Crackers Milk	21 Whole Grain Cheese Its WGR Milk	22 Graham Crackers Milk	23 Saltines Milk
26 Goldfish Crackers Milk	27 Oyster Crackers Milk	28 Graham Crackers Milk		

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Breakfast

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March 2018

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5 Rice Crispis Fruit cocktail Milk	6 #Chef's Choice Muffin Applesauce Milk	7 Whole Wheat Bagel Blueberries Milk	8 Whole Wheat Toast WGR Cantaloupe Milk	9 *Waffles WGR Strawberries Milk
12 Oatmeal WGR Apricots Milk	13 Cheerios WGR Bananas Milk	14 *Biscuits Peaches Milk	15 *Chef's Choice Muffin Pears Milk	16 CLOSED CONFERENCES
19 Rice Crispis Fruit cocktail Milk	20 #Chef's Choice Muffin Applesauce Milk	21 Whole Wheat Bagel Blueberries Milk	22 Whole Wheat Toast WGR Cantaloupe Milk	23 *Waffles WGR Strawberries Milk
26 Oatmeal WGR Apricots Milk	27 Cheerios WGR Bananas Milk	28 *Biscuits Peaches Milk	29 CLOSED IN-SERVICE	30 CLOSED IN-SERVICE

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19 CLOSED PRESIDENT'S DAY	20 Whole Wheat Ritz Crackers Milk	21 Whole Grain Cheese Its WGR Milk	22 Graham Crackers Milk	23 Saltines Milk
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