

Lower Columbia College Early Learning Center

Breakfast

(Two Week Rotating Menu)

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cheerios WGR Apricots Milk	2 Oatmeal WGR Bananas Milk	3 Chef's Choice Muffin Pears Milk	4 *Yogurt Peaches Milk	5 *#French Toast Blueberries Milk
8 Rice Crispis Fruit cocktail Milk	9 #Chef's Choice Muffin Applesauce Milk	10 #*Scrambled Eggs Apricots Milk	11 *Waffles WGR Strawberries Milk	12 *Waffles WGR Strawberries Milk
15 Cheerios WGR Peaches Milk	16 *Yogurt Bananas Milk	17 Rice Crispis Applesauce Milk	18 Whole Wheat Bagel Apricots Milk	19 #Chef's Choice Muffin Fruit Cocktail Milk
22 Corn Chex Mixed Berries Milk	23 #Chef's Choice Muffin Fruit cocktail Milk	24 #Cottage Cheese Peaches Milk	25 *Waffles Blueberries Milk	26 #Biscuit Applesauce Milk
29 Cheerios WGR Apricots Milk	30 Oatmeal WGR Bananas Milk	31 *Yogurt Peaches Milk		

ALERGY ALERT *Contains Dairy # Contains Egg + Contains Beef

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

LCC is an AA/EEO employer - lowercolumbia.edu/aa-eeo. This institution is an equal opportunity provider.

Lower Columbia College Early Learning Center

Lunch

(Two Week Rotating Menu)

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Nuggets WW Roll WGR Beets Fruit Cocktail Milk	2 Baked Beans w. Frankfurters Corn Bread Peas Pineapple Milk	3 #*Breakfast casserole w/eggs & potatoes Whole Wheat Tortilla WGR Strawberries Milk	4 Chicken WW Roll Green beans Mandarins Milk	5 *Grilled Cheese on ww bread WGR Broccoli Applesauce Milk
8 Ham Corn Mandarins Whole Wheat Roll WGR Milk	9 *Bean and Cheese Burrito Diced tomatoes Peaches Milk	10 Marinara Meatballs WW Roll WGR Peas Pears Milk	11 Corn Dog Muffins Mixed veggies Pineapple Milk	12 Chicken salad Sandwich on wheat bread WGR Cucumbers Apricots Milk
15 Chicken Breast Baked beans Pineapple Whole Wheat Roll WGR Milk	16 Chili Cornbread Fruit Cocktail Milk	17 # *Breakfast casserole w/eggs & potatoes. Whole Wheat Tortilla WGR Strawberries Milk	18 *Chicken Quesadilla on WW tortilla WGR Diced Tomatoes Mandarins Milk	19 Tuna salad Sandwich WGR Applesauce Carrots Milk
22 Fish sticks Carrots Pears Milk	23 Chicken Breast Whole Wheat Roll WGR Corn Strawberries Milk	24 Ham Green Beans Mandarins Whole Wheat Roll WGR Milk	25 +Sweet and Sour Meatballs Rice Mixed Veggies Pears Milk	26 +Taco soup Corn chips Pineapple Milk
29 Chicken Nuggets WW Roll WGR Beets Fruit Cocktail Milk	30 Baked Beans w. Frankfurters Corn Bread Peas Pineapple Milk	31 #*Breakfast casserole w/eggs & potatoes Whole Wheat Tortilla WGR Strawberries Milk		

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

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

Lower Columbia College Early Learning Center

2:30 Snack

(Two Week Rotating Menu)

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 *Cottage Cheese Peaches Milk	2 WW Bagel Applesauce Milk	3 Wheat Thins *Cheese Slices Milk	4 Ritz Crackers Corn Spears Milk	5 *Refried Beans & Cheese Corn chips Milk
8 *Yogurt Blueberries Milk	9 Graham Crackers Bananas Milk	10 Broccoli *String Cheese Milk	11 Chow Mein Noodles Mandarin oranges Milk	12 Whole Wheat Ritz Crackers Cauliflower Milk
15 Broccoli Ritz Milk	16 *Cottage cheese Pears Milk	17 *#Cheesy Biscuits Mixed Berries Milk	18 Chex mix Cantaloupe Milk	19 Apple slices *Cheese Milk
22 Saltines Apricots Milk	23 Tortillas Salsa Milk	24 Cauliflower Goldfish Crackers Milk	25 Cucumbers *String Cheese Milk	26 Corn Spears Ritz Milk
29 *Cottage Cheese Peaches Milk	30 WW Bagel Applesauce Milk	31 Wheat Thins *Cheese Slices Milk		

ALLERGY ALERT *Contains Dairy # Contains Egg + Contains Beef

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Lower Columbia College Early Learning Center

5:00 Snack

(Four Week Rotating Menu)

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 Goldfish Crackers Milk	2 Oyster Crackers Milk	3 Graham Crackers Milk	4 WW Club Crackers Milk	5 Ritz Milk
8 Whole Wheat Club Crackers Milk	9 Whole Wheat Ritz Crackers Milk	10 Whole Grain Cheese Its WGR Milk	11 Graham Crackers Milk	12 Saltines Milk
15 Whole Grain Cheese Its WGR Milk	16 Whole Wheat Club Crackers Milk	17 Wheat thins Milk	18 Goldfish Crackers Milk	19 Graham Crackers Milk
22 Oyster crackers Milk	23 Graham Crackers Milk	24 Club Crackers Milk	25 Wheat thins Milk	26 Cheeze Its Milk
29 Goldfish Crackers Milk	30 Oyster Crackers Milk	31 Graham Crackers Milk		

ALLERGY ALERT *Contains Dairy # Contains Egg + Contains Beef

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

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