

Lower Columbia College Early Learning Center

# Breakfast

(Two Week Rotating Menu)

# December 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				1 *Waffles <b>WGR</b> Strawberries Milk
4 Oatmeal <b>WGR</b> Peaches Milk	5 Cheerios <b>WGR</b> Bananas Milk	6 *Biscuits Apricots Milk	7 *Bran Muffins Pears Milk	8 CLOSED CONFERENCES
11 Rice Crispis Fruit cocktail Milk	12 #Blueberry Muffin Applesauce Milk	13 Whole Wheat Bagel Blueberries Milk	14 Whole Wheat Toast <b>WGR</b> Cantaloupe Milk	15 *Waffles <b>WGR</b> Strawberries Milk
18 CLOSED	19 CLOSED	20 CLOSED	21 CLOSED	22 CLOSED
25 CLOSED	26 CLOSED	27 CLOSED	28 CLOSED	29 CLOSED

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)

**December 2017**

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken salad Sandwich on wheat bread <b>WGR</b> Cucumbers Apricots Milk
4 Chicken Nuggets Whole Wheat Roll <b>WGR</b> Beets Fruit cocktail Milk	5 Baked Beans w/Frankfurters *Cornbread Peas Pineapple Milk	6 # *Breakfast casserole w/eggs & potatoes. Whole Wheat Tortilla <b>WGR</b> Mandarins Milk	7 Chicken Breast Whole Wheat Roll <b>WGR</b> Corn Strawberries Milk	8 CLOSED CONFERENCES
11 Ham Green beans Mandarin Oranges Whole Wheat Roll <b>WGR</b> Milk	12 *Bean and cheese Burrito <b>WGR</b> Diced Tomatoes Pears Milk	13 +Sweet & Sour Meatballs Rice Mixed Veggies Fruit Cocktail Milk	14 +Chili w/meat and beans Peas Pineapple Cornbread Milk	15 Chicken salad Sandwich on wheat bread <b>WGR</b> Cucumbers Apricots
18 CLOSED	19 CLOSED	20 CLOSED	21 CLOSED	22 CLOSED
25 CLOSED	26 CLOSED	27 CLOSED	28 CLOSED	29 CLOSED

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# 2:30 Snack

(Two Week Rotating Menu)

# December 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Whole Wheat Ritz Crackers Cauliflower Milk
4 Cottage Cheese Peaches Milk	5 Whole Wheat Bagel Peaches Milk	6 Wheat Thins <b>WGR</b> *Cheese slices Milk	7 Whole Wheat Ritz Crackers Corn Spears Milk	8 CLOSED CONFERENCES
11 *Yogurt Blueberries Milk	12 Graham Crackers Bananas Milk	13 Broccoli String Cheese Milk	14 Chow Mein Noodles Mandarin oranges Milk	15 Whole Wheat Ritz Crackers Cauliflower Milk
18 CLOSED	19 CLOSED	20 CLOSED	21 CLOSED	22 CLOSED
25 CLOSED	26 CLOSED	27 CLOSED	28 CLOSED	29 CLOSED

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# 5:00 Snack

(Four Week Rotating Menu)

# December 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Saltines Milk
4 Goldfish Crackers Milk	5 Oyster Crackers Milk	6 Graham Crackers Milk	7 Whole Wheat Club crackers Milk	8 CLOSED CONFERENCES
11 Whole Wheat Club crackers Milk	12 Whole Wheat Ritz Crackers Milk	13 Whole Grain Cheese Its <b>WGR</b> Milk	14 Graham Crackers Milk	15 Saltines Milk
18 CLOSED	19 CLOSED	20 CLOSED	21 CLOSED	22 CLOSED
25 CLOSED	26 CLOSED	27 CLOSED	28 CLOSED	29 CLOSED

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# Breakfast

(Two Week Rotating Menu)

# January 2017

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED	2 Cheerios <b>WGR</b> Bananas Milk	3 *Biscuits Peaches Milk	4 *Bran Muffins Pears Milk	5 French Toast Blueberries Milk
8 Rice Crispis Fruit cocktail Milk	9 #Blueberry Muffin Applesauce Milk	10 Whole Wheat Bagel Blueberries Milk	11 Whole Wheat Toast <b>WGR</b> Cantaloupe Milk	12 *Waffles <b>WGR</b> Strawberries Milk
15 CLOSED	16 Cheerios <b>WGR</b> Bananas Milk	17 *Biscuits Peaches Milk	18 *Bran Muffins Pears Milk	19 French Toast Blueberries Milk
22 Rice Crispis Fruit cocktail Milk	23 #Blueberry Muffin Applesauce Milk	24 Whole Wheat Bagel Blueberries Milk	25 Whole Wheat Toast <b>WGR</b> Cantaloupe Milk	26 *Waffles <b>WGR</b> Strawberries Milk
29 Oatmeal <b>WGR</b> Apricots Milk	30 Cheerios <b>WGR</b> Bananas Milk	31 *Biscuits Peaches Milk		

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# Lunch

(Two Week Rotating Menu)

# January 2017

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED	2 Baked Beans w/Frankfurters *Cornbread Peas Pineapple Milk	3 # *Breakfast casserole w/eggs & potatoes. Whole Wheat Tortilla <b>WGR</b> Mandarins Milk	4 Chicken Breast Whole Wheat Roll <b>WGR</b> Corn Strawberries Milk	5 Tuna salad Sandwich on wheat bread <b>WGR</b> Carrots Applesauce Milk
8 Ham Green beans Mandarin Oranges Whole Wheat Roll <b>WGR</b> Milk	9 *Bean and cheese Burrito <b>WGR</b> Diced Tomatoes Pears Milk	10 +Sweet & Sour Meatballs Rice Mixed Veggies Fruit Cocktail Milk	11 +Chili w/meat and beans Peas Pineapple Cornbread Milk	12 Chicken salad Sandwich on wheat bread <b>WGR</b> Cucumbers Apricots
15 CLOSED	16 Baked Beans w/Frankfurters *Cornbread Peas Pineapple Milk	17 # *Breakfast casserole w/eggs & potatoes. Whole Wheat Tortilla <b>WGR</b> Mandarins Milk	18 Chicken Breast Whole Wheat Roll <b>WGR</b> Corn Strawberries Milk	19 Tuna salad Sandwich on wheat bread <b>WGR</b> Carrots Applesauce Milk
22 Ham Green beans Mandarin Oranges Whole Wheat Roll <b>WGR</b> Milk	23 *Bean and cheese Burrito <b>WGR</b> Diced Tomatoes Pears Milk	24 +Sweet & Sour Meatballs Rice Mixed Veggies Fruit Cocktail Milk	25 +Chili w/meat and beans Peas Pineapple Cornbread Milk	26 Chicken salad Sandwich on wheat bread <b>WGR</b> Cucumbers Apricots
29 Chicken Nuggets Whole Wheat Roll <b>WGR</b> Beets Fruit cocktail Milk	30 Baked Beans w/Frankfurters *Cornbread Peas Pineapple Milk	31 # *Breakfast casserole w/eggs & potatoes. Whole Wheat Tortilla <b>WGR</b> Mandarins Milk		

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# 2:30 Snack

(Two Week Rotating Menu)

# January 2017

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED	2 Whole Wheat Bagel Applesauce Milk	3 Wheat Thins <b>WGR</b> *Cheese slices Milk	4 Whole Wheat 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 CLOSED	16 Whole Wheat Bagel Applesauce Milk	17 Wheat Thins <b>WGR</b> *Cheese slices Milk	18 Whole Wheat Ritz Crackers Corn Spears Milk	19 Refried Beans & Cheese Corn chips Milk
22 *Yogurt Blueberries Milk	23 Graham Crackers Bananas Milk	24 Broccoli String Cheese Milk	25 Chow Mein Noodles Mandarin oranges Milk	26 Whole Wheat Ritz Crackers Cauliflower Milk
29 Cottage Cheese Peaches Milk	30 Whole Wheat Bagel Applesauce Milk	31 Wheat Thins <b>WGR</b> *Cheese slices Milk		

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# 5:00 Snack

(Four Week Rotating Menu)

# January 2017

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

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