

Lower Columbia College Early Learning Center

Breakfast

(Two Week Rotating Menu)

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 CLOSED	2 Yogurt Peaches Milk	3 Chef's Choice Muffin Pears Milk	4 *#French Toast Blueberries Milk
7 Rice Crispis Fruit cocktail Milk	7 #Chef's Choice Muffin Applesauce Milk	9 #*Scrambled Eggs Apricots Milk	10 *Waffles WGR Strawberries Milk	11 Toast WGR Mixed Berries Milk
14 Cheerios WGR Peaches Milk	15 *Yogurt Bananas Milk	16 Rice Crispis Applesauce Milk	17 Whole Wheat Bagel Apricots Milk	18 #Chef's Choice Muffin Fruit Cocktail Milk
21 CLOSED Martin Luther King Day	22 #Chef's Choice Muffin Fruit cocktail Milk	23 #Cottage Cheese Peaches Milk	24 *Waffles Blueberries Milk	25 #Biscuit Applesauce Milk
28 Cheerios WGR Apricots Milk	29 Oatmeal WGR Bananas Milk	30 *Yogurt Peaches Milk	31 Chef's Choice Muffin Pears Milk	

ALERGY ALERT *Contains Dairy # Contains Egg + Contains Beef

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

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Lower Columbia College Early Learning Center

Lunch

(Two Week Rotating Menu)

January 2019

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

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 CLOSED	2 Wheat Thins *Cheese Slices Milk	3 Ritz Crackers Corn Spears Milk	4 *Refried Beans & Cheese Corn chips Milk
7 *Yogurt Blueberries Milk	8 Graham Crackers Bananas Milk	9 Broccoli *String Cheese Milk	10 Chow Mein Noodles Mandarin oranges Milk	11 Ritz Crackers Cauliflower Milk
14 Broccoli Ritz Milk	15 *Cottage cheese Pears Milk	16 *#Cheesy Biscuits Mixed Berries Milk	17 Chex mix Cantaloupe Milk	18 Apple slices *Cheese Milk
21 CLOSED Martin Luther King Day	22 Tortillas Salsa Milk	23 Cauliflower Goldfish Crackers Milk	24 Cucumber *String Cheese Milk	25 Corn Spears Ritz Milk
28 *Cottage Cheese Peaches Milk	29 WW Bagel Applesauce Milk	30 Wheat Thins *Cheese Slices Milk	31 Ritz Crackers Corn Spears 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)

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 CLOSED	2 Graham Crackers Milk	3 WW Club Crackers Milk	4 Ritz Crackers Milk
7 Whole Wheat Club Crackers Milk	8 Ritz Crackers Milk	9 Whole Grain Cheese Its WGR Milk	10 Graham Crackers Milk	11 Saltines Milk
14 Whole Grain Cheese Its WGR Milk	15 Whole Wheat Club Crackers Milk	16 Wheat thins Milk	17 Goldfish Crackers Milk	18 Graham Crackers Milk
21 CLOSED Martin Luther King Day	22 Graham Crackers Milk	23 Club Crackers Milk	24 Wheat Thins Milk	25 Whole Grain Cheese Its WGR Milk
28 Goldfish Crackers Milk	29 Oyster Crackers Milk	30 Graham Crackers Milk	31 WW Club 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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