

Lower Columbia College Early Learning Center

# Breakfast

(Two Week Rotating Menu)

# June 2018

Monday	Tuesday	Wednesday	Thursday	Friday
				1 *#French Toast Blueberries Milk
4 Rice Crispis Fruit cocktail Milk	5 #Chef's Choice Muffin Applesauce Milk	6 #*Scrambled Eggs Apricots Milk	7 *Waffles <b>WGR</b> Strawberries Milk	8 Whole Wheat Toast <b>WGR</b> Mixed Berries Milk
11 Cheerios <b>WGR</b> Peaches Milk	12 *Yogurt Bananas Milk	13 Rice Crispis Applesauce Milk	14 Whole Wheat Bagel Apricots Milk	15 CLOSED
18 Corn Chex Mixed Berries Milk	19 #Chef's Choice Muffin Fruit cocktail Milk	20 #Cottage Cheese Peaches Milk	21 *Waffles Blueberries Milk	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

LCC is an AA/EEO employer - [lowercolumbia.edu/aa-eeo](http://lowercolumbia.edu/aa-eeo). This institution is an equal opportunity provider.

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# Lunch

(Two Week Rotating Menu)

# June 2018

Monday	Tuesday	Wednesday	Thursday	Friday
				1 *Grilled Cheese on ww bread <b>WGR</b> Broccoli Applesauce Milk
4 Ham Corn Mandarins Whole Wheat Roll <b>WGR</b> Milk	5 *Bean and Cheese Burrito Diced tomatoes Peaches Milk	6 Marinara Meatballs WW Roll <b>WGR</b> Peas Pears Milk	7 Corn Dog Muffins Mixed veggies Pineapple Milk	8 Chicken salad Sandwich on wheat bread <b>WGR</b> Cucumbers Apricots Milk
11 Chicken Breast Baked beans Pineapple Whole Wheat Roll <b>WGR</b> Milk	12 Chili Cornbread Fruit Cocktail Milk	13 # *Breakfast casserole w/eggs & potatoes. Whole Wheat Tortilla <b>WGR</b> Strawberries Milk	14 *Chicken Quesadilla on WW tortilla <b>WGR</b> Diced Tomatoes Mandarins Milk	15 CLOSED
18 Fish sticks Carrots Pears Milk	19 Chicken Breast Whole Wheat Roll <b>WGR</b> Corn Strawberries Milk	20 Ham Greenbeans Mandarins Whole Wheat Roll <b>WGR</b> Milk	21 +Sweet and Sour Meatballs Rice Mixed Veggies Pears Milk	22 CLOSED
25 CLOSED	26 CLOSED	27 CLOSED	28 CLOSED	29 CLOSED

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

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# 2:30 Snack

(Two Week Rotating Menu)

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Monday	Tuesday	Wednesday	Thursday	Friday
				1 *Refried Beans & Cheese Corn chips Milk
4 *Yogurt Blueberries Milk	5 Graham Crackers Bananas Milk	6 Broccoli *String Cheese Milk	7 Chow Mein Noodles Mandarin oranges Milk	8 Whole Wheat Ritz Crackers Cauliflower Milk
11 Broccoli Ritz Milk	12 *Cottage cheese Pears Milk	13 *#Cheesy Biscuits Mixed Berries Milk	14 Chex mix Cantaloupe Milk	15 CLOSED
18 Saltines Apricots Milk	19 Tortillas Salsa Milk	20 Cauliflower Goldfish Crackers Milk	21 Cucumbers *String Cheese Milk	22 CLOSED
25 CLOSED	26 CLOSED	27 CLOSED	28 CLOSED	29 CLOSED

ALLERGY ALERT \*Contains Dairy # Contains Egg + Contains Beef

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# 5:00 Snack

(Four Week Rotating Menu)

# June 2018

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

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