


Long Beach Community College Child Development Center Menu

May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>- USDA is an Equal opportunity Provider and Employer - Menu is subject to change - Milk is low fat.</p>  <p><b>*Cereal:</b> Corn Flakes, Crispy Rice Tasteeos, Kix, Oatmeal, Pancake <b>*Crackers:</b> Animal Crackers, Saltines, Grahm Crackers, Cheese-It, Gold Fish Ritz Crackers, Club Crackers</p>	<p><b>NATIONAL STRAWBERRY MONTH</b></p> 	<p>1 <b>AM Snack</b> Cereal w/ Milk <b>Lunch</b> <b>Chef Salad</b> Shredded Carrots &amp; Lettuce Whole Grain Breadstick Shredded Cheddar Cheese Light French Dressing Milk <b>PM Snack</b> Crackers w/ Milk</p>	<p>2 <b>AM Snack</b> Cereal w/ Milk <b>Lunch</b> <b>Sloppy Joe</b> Seasoned Ground Beef Whole Wheat Hamburger Bun Fresh Spinach &amp; Salad Dressing Watermelon (1/2 Pack) Milk <b>PM Snack</b> Crackers w/ Milk</p>	<p>3 <b>AM Snack</b> Cereal w/ Milk <b>Lunch</b> <b>Sandwiches</b> Deli Meat w/ Cheese Wheat Bread Italian/Ranch/Mayo Dressing Pineapple Tidbits Milk <b>PM Snack</b> Crackers w/ Milk</p>
<p>6 <b>AM Snack</b> Cereal w/ Milk <b>Lunch</b> <b>Bean &amp; Cheese Burrito</b> Fiesta Corn Taco Sauce Fresh Pear (1/2) Milk <b>PM Snack</b> Crackers w/ Milk</p>	<p>7 <b>AM Snack</b> Cereal w/ Milk <b>Lunch</b> <b>Scrambled Eggs w/ Turkey Ham</b> Whole Wheat Sliced Bread Potato Rounds Fresh Apple Slices (1/2 Pack) Ketchup Milk <b>PM Snack</b> Crackers w/ Milk</p>	<p>8 <b>AM Snack</b> Cereal w/ Milk <b>Lunch</b> <b>Chinese Chicken Salad</b> Marinated Chicken Romaine Salad w/ Dressing Mandarin Oranges Wonton Noodles Milk <b>PM Snack</b> Crackers w/ Milk</p>	<p>9 <b>AM Snack</b> Cereal w/ Milk <b>Lunch</b> <b>Meatballs with Tomato Sauce</b> Hot Dog Bun Cucumber Coins Fresh Banana (1/2) Milk <b>PM Snack</b> Crackers w/ Milk</p>	<p>10 <b>AM Snack</b> Cereal w/ Milk <b>Lunch</b> <b>Sandwiches</b> Deli Meat w/ Cheese Wheat Bread Italian/Ranch/Mayo Dressing Mixed Fruit Milk <b>PM Snack</b> Crackers w/ Milk</p>
<p>13 <b>AM Snack</b> Cereal w/ Milk <b>Lunch</b> <b>Cheesy Chicken, Potato &amp; Broccoli Bake</b> Whole Wheat Sliced Bread Diced Peaches Milk <b>PM Snack</b> Crackers w/ Milk</p>	<p>14 <b>AM Snack</b> Cereal w/ Milk <b>Lunch</b> <b>TurkeyHam &amp; Cheese Panini</b> Corn &amp; Carrots Fresh Gala Apple (1/2) Milk <b>PM Snack</b> Crackers w/ Milk</p>	<p>15 <b>AM Snack</b> Cereal w/ Milk <b>Lunch</b> <b>Garden Burger</b> Whole Wheat Hamburger Bun Cucumber Coins Pickle Chips BBQ Sauce &amp; Ketchup Milk <b>PM Snack</b> Crackers w/ Milk</p>	<p>16 <b>AM Snack</b> Cereal w/ Milk <b>Lunch</b> <b>Whole Grain Spaghetti</b> Turkey Meatsauce Fresh Spinach &amp; Salad Dressing Light French Dressing Cantaloupe Chunks Milk <b>PM Snack</b> Crackers w/ Milk</p>	<p>17 <b>AM Snack</b> Cereal w/ Milk <b>Lunch</b> <b>Sandwiches</b> Deli Meat w/ Cheese Wheat Bread Italian/Ranch/Mayo Dressing Fresh Watermelon (1/2) Milk <b>PM Snack</b> Crackers w/ Milk</p>
<p>20 <b>AM Snack</b> Cereal w/ Milk <b>Lunch</b> <b>Macaroni &amp; Cheese</b> Spinach Diced Carrots Milk <b>PM Snack</b> Crackers w/ Milk</p>	<p>21 <b>AM Snack</b> Cereal w/ Milk <b>Lunch</b> <b>Chicken Alfredo</b> Peas Diced pears Milk <b>PM Snack</b> Crackers w/ Milk</p>	<p>22 <b>AM Snack</b> Cereal w/ Milk <b>Lunch</b> <b>Fish Sticks</b> Coleslaw &amp; Coleslaw Dressing Pineapple Tidbits tartar Sauce &amp; Ketchup Milk <b>PM Snack</b> Crackers w/ Milk</p>	<p>23 <b>AM Snack</b> Cereal w/ Milk <b>Lunch</b> <b>Southwest Chicken Salad</b> Whole Grain Tortilla Strips Fresh Romain Lettuce Bean &amp; Corn Salsa Cup Milk <b>PM Snack</b> Crackers w/ Milk</p>	<p>24 <b>AM Snack</b> Cereal w/ Milk <b>Lunch</b> <b>Sandwiches</b> Deli Meat w/ Cheese Wheat Bread Italian/Ranch/Mayo Dressing Honeydew Melon Chunks Milk <b>PM Snack</b> Crackers w/ Milk</p>
<p>27 CDC CLOSED </p>	<p>28 <b>AM Snack</b> Cereal w/ Milk <b>Lunch</b> <b>Veggie Nuggets</b> Sweet Potato Fries Pineapple Tidbits Ketchup &amp; BBQ Sauced Milk <b>PM Snack</b> Crackers w/ Milk</p>	<p>29 <b>AM Snack</b> Cereal w/ Milk <b>Lunch</b> <b>Cheese Pizza</b> Mixed Greens Salad Red Peppers Light Italian Dressing Milk <b>PM Snack</b> Crackers w/ Milk</p>	<p>30 <b>AM Snack</b> Cereal w/ Milk <b>Lunch</b> <b>Turkey Deli Sticks</b> Sliced Turkey &amp; Cheddar Cheese Whole Grain Soft Tortilla Fresh Zucchini Coins &amp; Ranch Dressing Fresh Peach (1/2) Milk <b>PM Snack</b> Crackers w/ Milk</p>	<p>31 <b>AM Snack</b> Cereal w/ Milk <b>Lunch</b> <b>Sandwiches</b> Deli Meat w/ Cheese Wheat Bread Italian/Ranch/Mayo Dressing Diced Pears Milk <b>PM Snack</b> Crackers w/ Milk</p>

The Child and Adult Care Food Program is a component of the USDA and administered by The California Department of Education, Nutrition Services Division.

CDC news, announcements, menu's, etc. are always available on our website: <http://childrencenter.lbcc.edu>