

Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 1 March 1st-5th 2021

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast: 3 - 5 Grain: 1/2 serving Fruit or vegetable: 1/2 cup 1% or nonfat Milk: 1/4 cup</p> <p>Infants Grains: 1/2 serving Fruit or vegetable: 1/4 cup Milk: 1/2 cup</p>	<p>Sausage gravy Biscuits Turkey Sausage Orange slices</p> <p>Milk</p>	<p>Cream of Wheat Canadian Bacon Canned Peaches</p> <p>Milk</p>	<p>English Muffin Turkey Sausage Cheddar Cheese Canned Mandarin Oranges</p> <p>Milk</p>	<p>Green Eggs & Ham Green Scrambled Eggs Canadian Bacon WGR Toast Applesauce</p> <p>Milk</p>	<p>Crepes Scramble eggs Mixed fruit</p> <p>Milk</p>
<p>Lunch: 3 - 5 Meat/meat alternate: 1.5 oz. Grain: 1/2 serving Vegetable and/or fruit (2 or more 1/4 cup each) 1% or nonfat Milk, 3/4 cup</p> <p>Infants Meat/meat alternate: 1 oz Grain: 1/2 serving Vegetable and/or fruit (2 or more, 1/4 cup each) Milk: 1/2 cup</p>	<p>Chicken WGR stuffing Casserole Garlic Chicken Mushroom soup stuffing Green beans Blueberries</p> <p>Milk</p>	<p>Beef Taco salad Shredded lettuce Shredded cheese Sour cream Salsa WGR tortillas Mango</p> <p>Milk</p>	<p>Turkey Mashed potatoes Turkey gravy WGR Rolls Raspberries</p> <p>Milk</p>	<p>Hamburger Soup w/potatoes ,Green beans Carrots Corn WGR Roll Sliced Apples</p> <p>Milk</p>	<p>Beef Sloppy Joes WGR Bun Tatar tots Orange Slices</p> <p>Milk</p>
<p>Snack: 3 - 5 and Infants Serve 2 components Vegetable or fruit; 1/2 cup Grain: 1/2 serving Meat/meat alternate: 1/2 oz</p>	<p>Sliced cheese Naan bread Celery sticks</p> <p>Water</p>	<p>Banana Wraps W/Sun Butter WGR Tortillas</p> <p>Water</p>	<p>Oyster crackers Cheese sticks Carrot sticks</p> <p>Water</p>	<p>Graham crackers Canned Pears</p> <p>Water</p>	<p>WGR Goldfish Blueberries</p> <p>Water</p>

Foods containing peanuts will not be served. Allergy substitution requires medical documentation.

One Whole Grain food item is required daily

Allergy substitutions are documented in the kitchen and in the classroom

This institution is an equal opportunity provider and employer

Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 2 March 8th-12th 2021

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast: 3 - 5 Grain: 1/2 serving Fruit or vegetable: ½ cup 1% or nonfat Milk: ¼ cup</p> <p>Infants Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup</p>	<p>Life cereal Turkey Sausage Bananas</p> <p>Milk</p>	<p>Yogurt Blueberries WGR Granola</p> <p>Milk</p>	<p>Apple & Cinnamon Oatmeal WGR Toast Turkey Sausage Bananas</p> <p>Milk</p>	<p>Chex Cereal String Cheese Orange slices</p> <p>Milk</p>	<p>WGR Dutch waffles Hard boiled eggs Strawberries</p> <p>Milk</p>
<p>Lunch: 3 - 5 Meat/meat alternate: 1.5 oz. Grain: ½ serving Vegetable and/or fruit (2 or more 1/4 cup each) 1% or nonfat Milk, 3/4 cup</p> <p>Infants Meat/meat alternate: 1 oz Grain: ½ serving Vegetable and/or fruit (2 or more, ¼ cup each) Milk: ½ cup</p>	<p>Chicken Pot Pie Garlic chicken Cream of chicken soup Peas & Carrots Green Salad Apple slices</p> <p>Milk</p>	<p>Fish sticks Tatar Tots WGR Crackers Mangoes</p> <p>Milk</p>	<p>Baked Pork Chops WGR Stuffing Green Beans Applesauce</p> <p>Milk</p>	<p>Beef Goulash WW Macaroni noodles Corn Garlic Bread Raspberries</p> <p>Milk</p>	<p>Tomato Soup Grilled cheese sandwiches WGR Bread Celery sticks Pineapple</p> <p>Milk</p>
<p>Snack: 3 – 5 and Infants Serve 2 components Vegetable or fruit; ½ cup Grain: ½ serving Meat/meat alternate: ½ oz</p>	<p>Animal crackers Tropical fruit Pineapple, papaya, Guava, passion fruit</p> <p>Water</p>	<p>String Cheese Broccoli</p> <p>Water</p>	<p>Graham crackers Honey Dew</p> <p>Water</p>	<p>Carrot Sticks WGR Goldfish</p> <p>Water</p>	<p>Cereal mix Sliced apples</p> <p>Water</p>

Foods containing peanuts will not be served. Allergy substitution requires medical documentation.

One Whole Grain food item is required daily

Allergy substitutions are documented in the kitchen and in the classroom

This institution is an equal opportunity provider and employer

Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 3 March 15th-19th 2021

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast: 3 - 5 Grain: 1/2 serving Fruit or vegetable: 1/2 cup 1% or nonfat Milk: 3/4 cup</p> <p>Infants Grains: 1/2 serving Fruit or vegetable: 1/4 cup Milk: 1/2 cup</p>	<p>Cheerios Turkey Sausage Cantaloupe</p> <p>Milk</p>	<p>Breakfast Sandwiches Canadian Bacon Cheddar Cheese WGR English muffin Blueberries</p> <p>Milk</p>	<p>Scrambled eggs W/ Salsa Cheese WGR Tortilla Tropical Fruit Pineapple, Papaya, Guava, Passion fruit</p> <p>Milk</p>	<p>WGR Toast Hard boiled eggs Raspberries</p> <p>Milk</p>	<p>Apple Cinnamon Scones Turkey sausage Applesauce</p> <p>Milk</p>
<p>Lunch: 3 - 5 Meat/meat alternate: 1.5 oz. Grain: 1/2 serving Vegetable and/or fruit (2 or more 1/4 cup each) 1% or nonfat Milk, 3/4 cup</p> <p>Infants Meat/meat alternate: 1 oz Grain: 1/2 serving Vegetable and/or fruit (2 or more, 1/4 cup each) Milk: 1/2 cup</p>	<p>Mac & Cheese Garlic Bread Peas & Carrots Blackberries</p> <p>Milk</p>	<p>Baked Chicken Roasted Red Potatoes WGR Roll Mandarin Oranges</p> <p>Milk</p>	<p>Santé Fa Chicken Salad Green Salad W/Black beans, Cheddar cheese Corn WGR Tortilla Mango</p> <p>Milk</p>	<p>Ham Sandwich WGR bread Colby Jack Cheese Celery Sticks Canned Peaches</p> <p>Milk</p>	<p>Beef Spaghetti WGR Spaghetti pasta Marinara Garlic bread Peas Honey Dew</p> <p>Milk</p>
<p>Snack: 3 – 5 and Infants Serve 2 components Vegetable or fruit: 1/2 cup Grain: 1/2 serving Meat/meat alternate: 1/2 oz</p>	<p>Cauliflower WGR crackers</p> <p>Water</p>	<p>WGR Graham crackers Mangos</p> <p>Water</p>	<p>Zucchini sticks Soft pretzels</p> <p>Water</p>	<p>Yogurt Strawberries</p> <p>Water</p>	<p>Cheese It's Bananas</p> <p>Water</p>

Foods containing peanuts will not be served. Allergy substitution requires medical documentation.

One Whole Grain food item is required daily

Allergy substitutions are documented in the kitchen and in the classroom

This institution is an equal opportunity provider and employer

Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 4 March 22th-26th 2021

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast: 3 - 5 Grain: 1/2 serving Fruit or vegetable: 1/2 cup 1% or nonfat Milk: 3/4 cup</p> <p>Infants Grains: 1/2 serving Fruit or vegetable: 1/4 cup Milk: 1/2 cup</p>	<p>WGR Oatmeal Turkey Sausage Bananas</p> <p style="text-align: center;">Milk</p>	<p>Sausage bites Sausage crumbles Bisquick Shredded cheese Orange slices</p> <p style="text-align: center;">Milk</p>	<p>Cheerios String Cheese Sliced Oranges</p> <p style="text-align: center;">Milk</p>	<p>Biscuits & Gravy Sausage Gravy WGR Biscuits Turkey Sausage Applesauce</p> <p style="text-align: center;">Milk</p>	<p>WGR French toast Scrambled eggs Strawberries</p> <p style="text-align: center;">Milk</p>
<p>Lunch: 3 - 5 Meat/meat alternate: 1.5 oz. Grain: 1/2 serving Vegetable and/or fruit (2 or more 1/4 cup each) 1% or nonfat Milk, 3/4 cup</p> <p>Infants Meat/meat alternate: 1 oz Grain: 1/2 serving Vegetable and/or fruit (2 or more, 1/4 cup each) Milk: 1/2 cup</p>	<p>Beef Taco Soup Black Beans, Chili Beans, Corn, Ranch mix, Cheese Green salad Tortilla Chips Apple Slices</p> <p style="text-align: center;">Milk</p>	<p>Ham & Cheese Sliders WGR slider buns Colby Jack cheese Carrot sticks Canned Peaches</p> <p style="text-align: center;">Milk</p>	<p>Fish sticks Sweet Potato Tots Naan bread Canned Pears</p> <p style="text-align: center;">Milk</p>	<p>Chicken Creaser Salad Green Salad Garlic Chicken Croutons, Parmesan cheese Garlic bread Blueberries</p> <p style="text-align: center;">Milk</p>	<p>Hamburger Soup Potatoes, Carrots Green Beans, Celery Corn WGR Rolls Mixed fruit</p> <p style="text-align: center;">Milk</p>
<p>Snack: 3 – 5 and Infants Serve 2 components Vegetable or fruit; 1/2 cup Grain: 1/2 serving Meat/meat alternate: 1/2 oz</p>	<p>Egg salad Flat bread Carrot sticks</p> <p style="text-align: center;">Water</p>	<p>Soft Pretzels Broccoli</p> <p style="text-align: center;">Water</p>	<p>Carrot Sticks WGR Gold fish</p> <p style="text-align: center;">Water</p>	<p>Sliced cheese WGR Cracker Banana</p> <p style="text-align: center;">Water</p>	<p>Naan bread Sliced apples</p> <p style="text-align: center;">Water</p>

Foods containing peanuts will not be served. Allergy substitution requires medical documentation.

One Whole Grain food item is required daily

Allergy substitutions are documented in the kitchen and in the classroom

This institution is an equal opportunity provider and employer

Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 5 March 29th – April 2th 2021

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast: 3 - 5 Grain: 1/2 serving Fruit or vegetable: 1/2 cup 1% or nonfat Milk: 3/4 cup</p> <p>Infants Grains: 1/2 serving Fruit or vegetable: 1/4 cup Milk: 1/2 cup</p>	<p>Crispix Cereal Turkey Sausage Tropical fruit Pineapple, Guava Passion fruit</p> <p style="text-align: center;">Milk</p>	<p>Yogurt WGR Granola Strawberries</p> <p style="text-align: center;">Milk</p>	<p>WGR English muffins Hard Boiled Eggs Canned Pears</p> <p style="text-align: center;">Milk</p>	<p>WGR Bagels Scrambled Eggs w/cheese Strawberries</p> <p style="text-align: center;">Milk</p>	<p>Crepes Mixed berry compote Turkey Sausage</p> <p style="text-align: center;">Milk</p>
<p>Lunch: 3 - 5 Meat/meat alternate: 1.5 oz. Grain: 1/2 serving Vegetable and/or fruit (2 or more 1/4 cup each) 1% or nonfat Milk, 3/4 cup</p> <p>Infants Meat/meat alternate: 1 oz Grain: 1/2 serving Vegetable and/or fruit (2 or more, 1/4 cup each) Milk: 1/2 cup</p>	<p>Beef Tatar Tot Casserole Cream of Mushroom soup Green Beans WGR Roll Cantaloupe</p> <p style="text-align: center;">Milk</p>	<p>Chef Salad Turkey & Ham Cheddar cheese Eggs Oyster crackers Apple slices</p> <p style="text-align: center;">Milk</p>	<p>Beef Spaghetti Marinara sauce WGR Spaghetti noodles Green Beans Honey Dew</p> <p style="text-align: center;">Milk</p>	<p>Pork Chops Roasted Red potatoes WGR Rolls Sliced Apples</p> <p style="text-align: center;">Milk</p>	<p>Flat Bread Pizza Pizza sauce Sausage crumbles Mozzarella Cheese Celery sticks Cantaloupe</p> <p style="text-align: center;">Milk</p>
<p>Snack: 3 – 5 and Infants Serve 2 components Vegetable or fruit; 1/2 cup Grain: 1/2 serving Meat/meat alternate: 1/2 oz</p>	<p>Apple slices Sun Butter</p> <p style="text-align: center;">Water</p>	<p>Animal crackers Canned Peaches</p> <p style="text-align: center;">Water</p>	<p>Celery sticks Cheese Crackers</p> <p style="text-align: center;">Water</p>	<p>Yogurt WGR Granola Blueberries</p> <p style="text-align: center;">Water</p>	<p>Banana wraps W/Sun butter WGR Tortilla</p> <p style="text-align: center;">Water</p>

Foods containing peanuts will not be served. Allergy substitution requires medical documentation.

One Whole Grain food item is required daily

Allergy substitutions are documented in the kitchen and in the classroom

This institution is an equal opportunity provider and employer
Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle week 6 April 5st-9th 2021

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: 3 - 5 Grain: 1/2 serving Fruit or vegetable: 1/2 cup 1% or nonfat Milk: 3/4 cup Infants Grains: 1/2 serving Fruit or vegetable: 1/4 cup Milk: 1/2 cup	WGR Life cereal Canadian Bacon Banana Milk	Blueberry Muffin Cheese sticks Blueberries Milk	Cream of Wheat Hard Boiled Eggs Orange Slices Milk	Rice Krispies Turkey Sausage Raspberries Milk	WGR Pancakes Scrambled Eggs Mixed fruit Compote Milk
Lunch: 3 - 5 Meat/meat alternate: 1.5 oz. Grain: 1/2 serving Vegetable and/or fruit (2 or more 1/4 cup each) 1% or nonfat Milk, 3/4 cup Infants Meat/meat alternate: 1 oz Grain: 1/2 serving Vegetable and/or fruit (2 or more, 1/4 cup each) Milk: 1/2 cup	Ham & Potato Soup Diced ham, diced red potatoes, Carrots, Celery Oyster crackers Orange slices Milk	Chopped Chicken Salad Green Salad Shredded Carrots Ranch WGR Roll Blackberries Milk	Turkey & Cheese Sandwiches WGR Bread Celery sticks Mandarin Oranges Milk	Chicken Pesto Sliders WGR Slider buns Carrot sticks Apple Slices Milk	Hamburger Gravy Brown Rice Corn Mixed Fruit Milk
Snack: 3 – 5 and Infants Serve 2 components Vegetable or fruit; 1/2 cup Grain: 1/2 serving Meat/meat alternate: 1/2 oz	Celery sticks WGR Goldfish Water	Soft Pretzels Sun Butter Bananas Water	Cheese Scones Canned Peaches Water	Banana Wraps W/Sun Butter WGR Tortillas Water	Animal Crackers Apple Slices Water

Foods containing peanuts will not be served. Allergy substitution requires medical documentation.

One Whole Grain food item is required daily

Allergy substitutions are documented in the kitchen and in the classroom