

Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 1 April 12th -April 16th 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 Crispix Cereal Canadian Bacon Bananas</p> <p>Milk</p>	<p>Biscuits & Pork Gravy WGR Biscuit Turkey sausage patty Peaches</p> <p>Milk</p>	<p>Scrambled eggs WGR Bagel Pears</p> <p>Milk</p>	<p>Life cereal Turkey sausage Blackberries</p> <p>Milk</p>	<p>Crepes Scramble eggs 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>Beef Sloppy Joes Manwich sauce WGR Bun Carrot sticks Apple slices</p> <p>Milk</p>	<p>Fish sticks Tater tots WGR Roll Raspberries</p> <p>Milk</p>	<p>Sesame Asian Chicken Salad WGR noodles Snap peas Flat bread Mandarin Oranges</p> <p>Milk</p>	<p>Pesto Chicken sandwich WGR slider buns Tater tots Blueberries</p> <p>Milk</p>	<p>Sweet & Sour Beef meatballs WGR brown rice Corn Orange slices</p> <p>Milk</p>

<p>Snack: <u>3 – 5 and Infants</u> Serve 2 components Vegetable or fruit; ½ cup Grain: ½ serving Meat/meat alternate: ½ oz</p>	<p>Sliced cheese WGR Crackers Celery sticks</p> <p>Water</p>	<p>Soft Pretzels Cream cheese Orange slices</p> <p>Water</p>	<p>Graham Crackers Apple slices</p> <p>Water</p>	<p>Cheese crackers Celery sticks</p> <p>Water</p>	<p>Animal crackers Tropical fruit</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

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Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 2 April 19th -April 23rd 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: ¾ cup</p> <p>Infants Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup</p>	<p>Rice Krispies WGR Toast Turkey sausage Banana</p> <p>Milk</p>	<p>Cheesy Potato bowls W/Scrambled eggs Sausage crumbles WGR Bagel Blackberries</p> <p>Milk</p>	<p>Banana/Cinnamon WGR Oatmeal Hard boiled eggs Apple Slices</p> <p>Milk</p>	<p>Yogurt WGR Granola Raspberries</p> <p>Milk</p>	<p>WGR French toast Turkey sausage 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>Beef Spaghetti Marinara WGR noodles Green salad Garlic bread Mandarin Oranges</p> <p>Milk</p>	<p>Chef salad w/Turkey, Ham, cheese, egg WGR cracker Mango</p> <p>Milk</p>	<p>Cheeseburger Sliders WGR buns Sweet potato Tots Orange slices</p> <p>Milk</p>	<p>Tuna sandwiches WGR bread Celery sticks Blueberries</p> <p>Milk</p>	<p>Beef Stroganoff W/cream of mushroom WGR noodles Corn Mixed fruit</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>Flatbread Cauliflower</p> <p>Water</p>	<p>Spinach Dip Naan bread Celery sticks</p> <p>Water</p>	<p>Carrot sticks Hummus</p> <p>Water</p>	<p>Soft Pretzels Banana</p> <p>Water</p>	<p>WGR Goldfish Broccoli</p> <p>Water</p>

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Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 3 April 26th – April 30th 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 Life cereal Cheese sticks Banana</p> <p>Milk</p>	<p>Biscuits & Pork gravy Turkey sausage Peaches</p> <p>Milk</p>	<p>WGR Bagels & cream cheese Hard boiled eggs Blueberries</p> <p>Milk</p>	<p>WGR Cheerios Turkey sausage Applesauce</p> <p>Milk</p>	<p>WGR Dutch waffle Cheese stick 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>Beef, cheese Enchilada Casserole w/Refried beans Enchilada sauce WGR Tortilla Peas & Carrots Pears</p> <p>Milk</p>	<p>Ham & cheese sliders w/WGR buns Tater tots Apple slices</p> <p>Milk</p>	<p>Chicken & cheese Tortellini salad w/ Parmesan Garlic bread Broccoli Orange slices</p> <p>Milk</p>	<p>Fried rice w/eggs Diced ham, peas & carrot Edamame Pears</p> <p>Milk</p>	<p>Sweet & sour Meatballs WGR Brown rice Broccoli Pineapple</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>Animal crackers Blackberries</p> <p>Water</p>	<p>Pita Bread Celery sticks</p> <p>Water</p>	<p>Cereal mix Mango</p> <p>Water</p>	<p>Soft Pretzels Bananas</p> <p>Water</p>	<p>Yogurt Raspberries</p> <p>Water</p>

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Menu Cycle Week 4 May 3rd – May 7th 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 Banana</p> <p>Milk</p>	<p>Scrambled eggs W/ Sausage crumbles & cheese WGR toast Blackberries</p> <p>Milk</p>	<p>WGR Crispix Canadian bacon Peaches</p> <p>Milk</p>	<p>Yogurt WGR granola Raspberries</p> <p>Milk</p>	<p>CLOSED</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 Sloppy Joe w/ Manwich WGR bun Green salad Orange slices</p> <p>Milk</p>	<p>Egg salad sandwich WGR bread Carrot sticks Watermelon</p> <p>Milk</p>	<p>Cesare salad W/chicken Parmesan, Croutons French rolls Cantaloupe</p> <p>Milk</p>	<p>Cheese ravioli W/ beef, marinara Corn WGR rolls Mandarin oranges</p> <p>Milk</p>	<p>CLOSED</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>Celery Sun Butter</p> <p>Water</p>	<p>Corn bread Apple Slices</p> <p>Water</p>	<p>Artichoke dip Naan bread Snap Peas</p> <p>Water</p>	<p>Soft Pretzels Banana</p> <p>Water</p>	<p>CLOSED</p>

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Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 5 May 10th – May 14th 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,: ¾ cup</p> <p>Infants Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup</p>	<p>Sausage & cheese Biscuit Bites W/ WGR biscuits Bananas</p> <p style="text-align: center;">Milk</p>	<p>WGR Life cereal String cheese Applesauce</p> <p style="text-align: center;">Milk</p>	<p>WGR Bagel Cream Cheese Hard boiled eggs Blueberries</p> <p style="text-align: center;">Milk</p>	<p>Biscuits & Pork Gravy WGR biscuit Turkey sausage Sliced Oranges</p> <p style="text-align: center;">Milk</p>	<p>WGR Cheerios Canadian Bacon Cantaloupe</p> <p style="text-align: center;">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>Beef meatballs Marinara WGR noodles Corn Honey Dew</p> <p style="text-align: center;">Milk</p>	<p>Fish sticks Tater totes WGR Roll Watermelon</p> <p style="text-align: center;">Milk</p>	<p>Beef & Bean Burritos w/ cheese WGR Tortilla Corn Tropical fruit</p> <p style="text-align: center;">Milk</p>	<p>Chicken Pesto Alfredo WGR noodles Garlic bread Peas Mango</p> <p style="text-align: center;">Milk</p>	<p>Tuna sandwich WGR bread Carrot sticks Blackberries</p> <p style="text-align: center;">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>Honey Graham Crackers Sliced Oranges</p> <p style="text-align: center;">Water</p>	<p>Sun butter Celery sticks</p> <p style="text-align: center;">Water</p>	<p>Yogurt Raspberries</p> <p style="text-align: center;">Water</p>	<p>Cheese crackers Broccoli</p> <p style="text-align: center;">Water</p>	<p>Banana Bread Applesauce</p> <p style="text-align: center;">Water</p>

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Menu Cycle week 6 May 17th –May 21st 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>Rice Chex Canadian Bacon Applesauce</p> <p>Milk</p>	<p>WGR Bagels w/ Cream Cheese Hard boiled eggs Blackberries</p> <p>Milk</p>	<p>Cream of Wheat Turkey sausage Peaches</p> <p>Milk</p>	<p>Scrambled eggs W/ cheese WGR Toast Raspberries</p> <p>Milk</p>	<p>WGR French Toast Canadian Bacon Strawberries</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>Beef Taco Salad Lettuce, cheese Sour cream, Salsa WGR Tortilla Pineapple</p> <p>Milk</p>	<p>Ham & Cheese Sliders WGR Rolls Potato wedges Cantaloupe</p> <p>Milk</p>	<p>Chicken & Cheese Tortellini Salad W/Mayonnaise & Parmesan Garlic bread Broccoli Orange slices</p> <p>Milk</p>	<p>Fried rice w/eggs Diced ham, peas & carrots Edamame</p> <p>Pears</p> <p>Milk</p>	<p>Flat bread Pizza Sausage crumbles Mozzarella cheese Watermelon</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>Graham cracker Watermelon</p> <p>Water</p>	<p>Yogurt Mango</p> <p>Water</p>	<p>Carrot sticks WGR Goldfish crackers</p> <p>Water</p>	<p>Animal crackers Celery sticks</p> <p>Water</p>	<p>Soft Pretzels Cheese sauce Cauliflower</p> <p>Water</p>

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