Tulalip Betty J. Taylor Early Learning Academy Menu May 6-10, 2019

·		May U-1	.0, 2017		
Meal Pattern 3-5 Year old Serving Sizes	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast:	Bran Flakes	Breakfast Burritos	Ham and Cheese	Oatmeal	French Toast
Bread or cereal: 1/2 slice or 1/3 cup dry cereal or 1/4 cup cooked cereal	Apple Slices Canadian Bacon	w/cheese & sausage crumbles	Scones Hard Boiled eggs	Hardboiled Eggs Apple Slices	Turkey Sausage Patties Strawberries
 Fruit or vegetable: 1/2 C. 1% or nonfat Milk, fluid: 3/4 cup 	Milk	Peaches Milk	Bananas Milk	Milk	Milk
Notes/Dietary Restrictions					
Lunch: • Meat/meat alternate: 1 1/2 oz.	Chicken Penne	Chicken Taco Alfredo w/ black beans,	Beef Stroganoff Carrots	Baked Chicken Garlic Mashed	Ravioli
Grain or bread: 1/2 slice Vegetable and/or fruit	Sliced Cucumber	cheese, rotini pasta	Blueberries	Potatoes w/ gravy	Salad
(2 or more): 2 items 1/4 cup each	Cantaloupe	Green Salad	Milk	Rolls	Garlic Bread Diced Pears
= 1/2 C. total • 1% or nonfat Milk, fluid: 3/4 cup	Rolls Milk	Garlic Bread		Cantaloupe	Milk
		Orange Slices		Milk	•
k'		Milk			
Notes/Dietary Restrictions					•
Snack: (Items from 2 food groups) • Meat or meat alternate: 1/2 oz. • Vegetable, fruit, or juice: 1/2 C.	Carrots sticks Sun butter	Banana Bread Tropical Fruit (pineapple, papaya,	Crackers & Cheddar Cheese	Banana Wraps w/ Whole Grain Tortillas	Cucumbers stuffed with Tuna Fish
Bread or cereal: 1/2 slice or 1/3 cup dry, cereal or 1/4 cup cooked cereal	Water	guava, passion fruit)	Sweet Peas Water	Sun Butter	W/G Crackers
• 1% or nonfat Milk, fluid: 1/2 cup 2 food groups		Water		Water	Water
Notes/Dietary Restrictions					

Formula is served to infants, whole milk is served to 1 year olds, 1% milk is served to 2-5 year olds. No peanuts are served. Allergy substitution needs medical documentation. The menu has good food source of Vitamin C (daily) and Vitamin A (at least three times per week). Juices are 100% fruit juice. One Whole Grain food item is required daily.

"This institution is an equal opportunity provider and employer."

Tulalip Betty J. Taylor Early Learning Academy Menu May 13 - 17, 2019

		May 13 -	17,2017		
Meal Pattern 3-5 Year old Serving Sizes	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast:				_	
Bread or cereal: 1/2 slice or 1/3 cup dry cereal or 1/4 cup cooked cereal Fruit or vegetable: 1/2 C. 1% or nonfat Milk, fluid: 3/4 cup	Life Cereal Ham Pineapple Milk	Ham & Cheese Scones Ham & Cheese Strawberries Milk	Egg Casserole w/tator tots, spinach, cheese, sausage Toast Bananas Milk	Toast Hardboiled Eggs Apple Sauce Milk	Pancakes Berry Compote Scrambled Eggs Milk
Notes/Dietary Restrictions					8
Lunch: ■ Meat/meat alternate: 1 1/2 oz. ■ Grain or bread: 1/2 slice ■ Vegetable and/or fruit (2 or more): 2 items 1/4 cup each = 1/2 C. total ■ 1% or nonfat Milk, fluid: 3/4 cup	Southwest Chicken Wraps Corn Pineapple Milk	Sweet & Sour Pork Stir Fry w/Brown Rice Snap Peas Blueberries Milk	Turkey Pinwheels w/cream cheese on Tortillas Cauliflower Raspberries Milk	Chicken w/Penne, spinach, mushrooms Green Salad Garlic Bread Apple Slices Milk	Cheese Tortellini w/ ground beef, marinara sauce Roll Corn Blueberries
Notes/Dietary Restrictions					0,
Snack: (Items from 2 food groups) • Meat or meat alternate: 1/2 oz. • Vegetable, fruit, or juice: 1/2 C. • Bread or cereal: 1/2 slice or 1/3 cup dry, cereal or 1/4 cup cooked cereal • 1% or nonfat Milk, fluid: 1/2 cup 2 food groups	Snap Peas Goldfish Crackers Water	Egg Salad Carrot Sticks Water	Wheat Crackers Cheese Sliced Apples Water	Yogurt Granola Blueberries Water	Bananas String Cheese Water
Notes/Dietary Restrictions					
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Tulalin Betty I. Taylor Early Learning Academy Menu

Tulalip Betty J. Taylor Early Learning Academy Menu May 20-24, 2019

		May 20-2	,		
Meal Pattern 3-5 Year old Serving Sizes	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast:	Hamburger	Yogurt	Oatmeal w/raisins	Cream of Wheat	Waffles
Bread or cereal: 1/2 slice or 1/3 cup dry cereal or 1/4 cup cooked cereal	Casserole w/eggs, cheddar cheese, peas & carrots	Granola Raspberries Turkey Sausage	Canadian Bacon Diced Peaches	Toast Turkey Sausage	Blueberries Hardboiled egg
 Fruit or vegetable: 1/2 C. ★ • 1% or nonfat Milk, fluid: 3/4 cup 	Orange Slices Milk	Milk	Milk	Blueberries Milk	Milk
Notes/Dietary Restrictions					
Lunch: • Meat/meat alternate: 1 1/2 oz. • Grain or bread: 1/2 slice • Vegetable and/or fruit (2 or more): 2 items 1/4 cup each = 1/2 C. total • 1% or nonfat Milk, fluid: 3/4 cup	Cuban Rice & Beans w/ chicken, black beans, onions, bell peppers, cilantro Honeydew Milk	Chicken Salad /diced apples, parsley, mayonnaise Bread Carrots Blackberries Milk	Tator Tot Casserole w/ ground beef, tator tots, white sauce Broccoli Rolls Pineapple Milk	Beef Broccoli w/ carrots, onion Brown Rice & Quinoa Broccoli Sliced Mandarin Oranges Milk	Taco Pizza w/flat bread ground beef, cheese, lettuce, tomatoes, onions, olives Snap peas Pineapple Milk
Notes/Dietary Restrictions Snack: (Items from 2 food groups) • Meat or meat alternate: 1/2 oz. • Vegetable, fruit, or juice: 1/2 C. • Bread or cereal: 1/2 slice or 1/3 cup dry, cereal or 1/4 cup cooked cereal • 1% or nonfat Milk, fluid: 1/2 cup	Crackers Sliced Apples Water	Celery Sticks Sun butter Water	Flat bread Hummus Snap Peas Water	Graham Crackers Peaches Water	Celery Egg Salad Water
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One Whole Grain food item is required daily.

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Tulalip Betty J. Taylor Early Learning Academy Menu May 27 - 31, 2019

·		May 27 -	31, 2017		
Meal Pattern 3-5 Year old Serving Sizes	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast:	Life Cereal	Life Cereal	Bagel w/ cream cheese	Turkey Sausage Yogurt	French Toast w/ black berry compote
Bread or cereal: 1/2 slice or 1/2 our dry cereal	Turkey Sausage	Beef Patties	Hardboiled Eggs	Granola	Turkey Sausage
1/3 cup dry cereal or 1/4 cup cooked cereal	Sliced Oranges		Blueberries	Black Berries	Hard Boiled Eggs
• Fruit or vegetable: 1/2 C.		Mandarins	Beef Patties		
• 1% or nonfat Milk, fluid: 3/4 cup	Milk	Milk	Milk	Milk	Milk
Notes/Dietary Restrictions					
Lunch:	S.W. Chicken Salad	Chicken, broccoli,	Tuna Fish Sandwiches	Beef Stroganoff	Baked Chicken
Meat/meat alternate: 1 1/2 oz.	w/chicken, lettuce,	brown rice Casserole	on bread	w/ground beef,	Roasted Red Potatoes
 Grain or bread: 1/2 slice 	black beans,	Peas & Carrots	Sweet Potato Fries	noodles, sour cream, mushrooms	Corn
 Vegetable and/or fruit (2 or more): 	tomato, cheese, onion	reas & Canois	Sweet Potato files	ITIUSTILOOTTIS	Whole grain rolls
2 items 1/4 cup each	Tortilla Chips	Mangos	Raspberries	Carrots	Diced Pears
= 1/2 C. total	'	9	'		
• 1% or nonfat Milk, fluid: 3/4 cup	Diced Pears	Milk	Milk	Sliced Apples	Milk
	Milk			Milk	
Notes/Dietary Restrictions					
Snack:					
(Items from 2 food groups) • Meat or meat alternate: 1/2 oz.	Apple Slices	Banana Wraps w/	Goldfish Crackers	Cauliflower w/ranch	Cheese & Crackers
Vegetable, fruit, or juice: 1/2 C.	Destrolo	Tortillas	C D	Flathers	O a wash Oliadas
Bread or cereal: 1/2 slice or	Pretzels	Sun butter	Snap Peas	Flat bread	Carrot Sticks
1/3 cup dry, cereal or 1/4 cup cooked cereal	Water	Sull Duttel	Water	Water	Water
• 1% or nonfat Milk, fluid: 1/2 cup	vvator	Water	, vator	, vator	vvator
2 food groups					
Infants					
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Milk is a good source of vitamin A

Tulalip Betty J. Taylor Early Learning Academy Menu

		June 3-	7, 2019		
Meal Pattern 3-5 Year old Serving Sizes	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: • Bread or cereal: 1/2 slice or 1/3 cup dry cereal or 1/4 cup cooked cereal • Fruit or vegetable: 1/2 C. • 1% or nonfat Milk, fluid: 3/4 cup	Special K Cheese Sticks Sliced Oranges Milk	Blueberry Muffins Turkey Sausage Cantaloupe Milk	Hard Boiled Eggs Ham Toast Diced Pears Milk	Oatmeal w/raisins Canadian Bacon Diced Peaches Milk	Yogurt Granola Raspberries Turkey Sausage Milk
Notes/Dietary Restrictions					•
Lunch: • Meat/meat alternate: 1 1/2 oz. • Grain or bread: 1/2 slice • Vegetable and/or fruit (2 or more): 2 items 1/4 cup each = 1/2 C. total • 1% or nonfat Milk, fluid: 3/4 cup	Salmon Pasta w/ spinach, rotini pasta, Corn Pineapple Rolls Milk	Sloppy Joes w/ground beef, whole wheat bun Sweet Potato Fries Sliced Apples Milk	Fish Tacos w/coleslaw Tortillas Blackberries Milk	Hamburger Helper w/beef, macaroni, cheese Peas & Carrots Cantaloupe Milk	Chicken Yakisoba Green Salad Mandarin Oranges Roll Milk
Notes/Dietary Restrictions					
Snack: (Items from 2 food groups) • Meat or meat alternate: 1/2 oz. • Vegetable, fruit, or juice: 1/2 C. • Bread or cereal: 1/2 slice or 1/3 cup dry, cereal or 1/4 cup cooked cereal • 1% or nonfat Milk, fluid: 1/2 cup 2 food groups	Pita bread Sliced Apples Water	Celery Sticks Sun butter Water	Spinach Dip Jicama Water	Goldfish Crackers Watermelon Water	Biscuits Berry Compote Water
Infants					

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Tulalip Betty J. Taylor Early Learning Academy Menu June 10 - 14, 2019

Bread or cereal: 1/2 slice or 1/3 cup dry cereal or 1/4 cup cooked cereal Fruit or vegetable: 1/2 C. 1% or nonfat Milk, fluid: 3/4 cup Notes/Dietary Restrictions Lunch: Meat/meat alternate: 1 1/2 oz. Grain or bread: 1/2 slice Vegetable and/or fruit (2 or more):	Monday Life cereal Hard Boiled Eggs Orange Slices Milk Sloppy Joes w/ground beef, Tator Tots Broccoli	Tuesday Toast Boiled Eggs Applesauce Milk Lasagna w/ ground beef, marinara sauce, cheese Garlic Bread	Wednesday Oatmeal Bananas Turkey Sausage Milk Oriental Chicken Salad w/chicken, iceberg lettuce,	Yogurt Granola Raspberries Ham slices Milk Sweet & Sour Meatballs	Muffins Blueberries Beef Patties w/cheese Milk Barbeque Chicke Baked Beans Corn
Bread or cereal: 1/2 slice or 1/3 cup dry cereal or 1/4 cup cooked cereal Fruit or vegetable: 1/2 C. 1% or nonfat Milk, fluid: 3/4 cup Notes/Dietary Restrictions Lunch: Meat/meat alternate: 1 1/2 oz. Grain or bread: 1/2 slice Vegetable and/or fruit (2 or more):	Hard Boiled Eggs Orange Slices Milk Sloppy Joes w/ground beef, Tator Tots	Boiled Eggs Applesauce Milk Lasagna w/ ground beef, marinara sauce, cheese	Bananas Turkey Sausage Milk Oriental Chicken Salad w/chicken, iceberg lettuce,	Granola Raspberries Ham slices Milk Sweet & Sour	Blueberries Beef Patties w/cheese Milk Barbeque Chicke Baked Beans
or 1/4 cup cooked cereal Fruit or vegetable: 1/2 C. 1% or nonfat Milk, fluid: 3/4 cup Notes/Dietary Restrictions Lunch: Meat/meat alternate: 1 1/2 oz. Grain or bread: 1/2 slice Vegetable and/or fruit (2 or more):	Milk Sloppy Joes w/ground beef, Tator Tots	Applesauce Milk Lasagna w/ ground beef, marinara sauce, cheese	Milk Oriental Chicken Salad w/chicken, iceberg lettuce,	Ham slices Milk Sweet & Sour	w/cheese Milk Barbeque Chicke Baked Beans
1% or nonfat Milk, fluid: 3/4 cup Notes/Dietary Restrictions Lunch: Meat/meat alternate: 1 1/2 oz. Grain or bread: 1/2 slice Vegetable and/or fruit (2 or more):	Sloppy Joes w/ground beef, Tator Tots	Lasagna w/ ground beef, marinara sauce, cheese	Salad w/chicken, iceberg lettuce,		Barbeque Chicke Baked Beans
Lunch: Meat/meat alternate: 1 1/2 oz. Grain or bread: 1/2 slice Vegetable and/or fruit (2 or more):	w/ground beef, Tator Tots	beef, marinara sauce, cheese	Salad w/chicken, iceberg lettuce,		Baked Beans
Meat/meat alternate: 1 1/2 oz. Grain or bread: 1/2 slice Vegetable and/or fruit (2 or more):	w/ground beef, Tator Tots	beef, marinara sauce, cheese	Salad w/chicken, iceberg lettuce,		Baked Beans
Meat/meat alternate: 1 1/2 oz. Grain or bread: 1/2 slice Vegetable and/or fruit (2 or more):	Tator Tots	cheese	iceberg lettuce,	Meatballs	
(2 or more):	Broccoli	0 00 0.000	shredded cheese	Macaroni Salad	Roll
2 items 1/4 cup each	Dioccoli	Carrots	chow mein noodles Mandarin Oranges	Corn	Sliced Watermel
= 1/2 C. total 1% or nonfat Milk, fluid: 3/4 cup	Cantaloupe	Pineapple	Rolls	Mango	
	Milk	Milk	Milk	Milk	Milk
Notes/Dietary Restrictions					
Snack: (Items from 2 food groups) Meat or meat alternate: 1/2 oz. Vegetable, fruit, or juice: 1/2 C.	String cheese Celery	Snap Peas Cheese Sticks	Cottage cheese Peaches	Cucumber Slices Hardboiled egg	Crackers Apple Slices
Bread or cereal: 1/2 slice or 1/3 cup dry, cereal or 1/4 cup cooked cereal 1% or nonfat Milk, fluid: 1/2 cup 2 food groups	Water	Water	Water	Water	Water
Notes/Dietary Restrictions					

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