

Tulalip Betty J. Taylor Early Learning Academy Menu

May 6-10, 2019

Meal Pattern 3-5 Year old Serving Sizes	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: <ul style="list-style-type: none"> • 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 	Bran Flakes Apple Slices Canadian Bacon Milk	Breakfast Burritos w/cheese & sausage crumbles Peaches Milk	Ham and Cheese Scones Hard Boiled eggs Bananas Milk	Oatmeal Hardboiled Eggs Apple Slices Milk	French Toast Turkey Sausage Patties Strawberries Milk
Notes/Dietary Restrictions					
Lunch: <ul style="list-style-type: none"> • Meat/meat alternate: 1 1/2 oz. • Grain or bread: 1/2 slice • Vegetable and/or fruit (2 or more): <u>2 items</u> 1/4 cup each = 1/2 C. total • 1% or nonfat Milk, fluid: 3/4 cup 	Chicken Penne Sliced Cucumber Cantaloupe Rolls Milk	Chicken Taco Alfredo w/ black beans, cheese, rotini pasta Green Salad Garlic Bread Orange Slices Milk	Beef Stroganoff Carrots Blueberries Milk	Baked Chicken Garlic Mashed Potatoes w/ gravy Rolls Cantaloupe Milk	Ravioli Salad Garlic Bread Diced Pears Milk
Notes/Dietary Restrictions					
Snack: (Items from 2 food groups) <ul style="list-style-type: none"> • 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	Carrots sticks Sun butter Water	Banana Bread Tropical Fruit (pineapple, papaya, guava, passion fruit) Water	Crackers & Cheddar Cheese Sweet Peas Water	Banana Wraps w/ Whole Grain Tortillas Sun Butter Water	Cucumbers stuffed with Tuna Fish W/G Crackers 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.”

Milk is a good source of vitamin A

Tulalip Betty J. Taylor Early Learning Academy Menu

May 13 – 17, 2019

Meal Pattern 3-5 Year old Serving Sizes	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: <ul style="list-style-type: none"> • 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					
Lunch: <ul style="list-style-type: none"> • Meat/meat alternate: 1 1/2 oz. • Grain or bread: 1/2 slice • Vegetable and/or fruit (2 or more): <u>2 items</u> 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 Milk
Notes/Dietary Restrictions					
Snack: (Items from 2 food groups) <ul style="list-style-type: none"> • 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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One Whole Grain food item is required daily. "This institution is an equal opportunity provider and employer."

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Tulalip Betty J. Taylor Early Learning Academy Menu

May 20-24, 2019

Meal Pattern 3-5 Year old Serving Sizes	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: <ul style="list-style-type: none"> • 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 	Hamburger Casserole w/eggs, cheddar cheese, peas & carrots Orange Slices Milk	Yogurt Granola Raspberries Turkey Sausage Milk	Oatmeal w/raisins Canadian Bacon Diced Peaches Milk	Cream of Wheat Toast Turkey Sausage Blueberries Milk	Waffles Blueberries Hardboiled egg Milk
Notes/Dietary Restrictions					
Lunch: <ul style="list-style-type: none"> • Meat/meat alternate: 1 1/2 oz. • Grain or bread: 1/2 slice • Vegetable and/or fruit (2 or more): <u>2 items</u> 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) <ul style="list-style-type: none"> • 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
Infants					

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Tulalip Betty J. Taylor Early Learning Academy Menu

May 27 – 31, 2019

Meal Pattern 3-5 Year old Serving Sizes	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: <ul style="list-style-type: none"> • 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 Turkey Sausage Sliced Oranges Milk	Life Cereal Beef Patties Mandarins Milk	Bagel w/ cream cheese Hardboiled Eggs Blueberries Beef Patties Milk	Turkey Sausage Yogurt Granola Black Berries Milk	French Toast w/ black berry compote Turkey Sausage Hard Boiled Eggs Milk
Notes/Dietary Restrictions					
Lunch: <ul style="list-style-type: none"> • Meat/meat alternate: 1 1/2 oz. • Grain or bread: 1/2 slice • Vegetable and/or fruit (2 or more): <u>2 items</u> 1/4 cup each = 1/2 C. total • 1% or nonfat Milk, fluid: 3/4 cup 	S.W. Chicken Salad w/chicken, lettuce, black beans, tomato, cheese, onion Tortilla Chips Diced Pears Milk	Chicken, broccoli, brown rice Casserole Peas & Carrots Mangos Milk	Tuna Fish Sandwiches on bread Sweet Potato Fries Raspberries Milk	Beef Stroganoff w/ground beef, noodles, sour cream, mushrooms Carrots Sliced Apples Milk	Baked Chicken Roasted Red Potatoes Corn Whole grain rolls Diced Pears Milk
Notes/Dietary Restrictions					
Snack: (Items from 2 food groups) <ul style="list-style-type: none"> • 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	Apple Slices Pretzels Water	Banana Wraps w/ Tortillas Sun butter Water	Goldfish Crackers Snap Peas Water	Cauliflower w/ranch Flat bread Water	Cheese & Crackers Carrot Sticks Water
Infants					

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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: <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> Meat/meat alternate: 1 1/2 oz. Grain or bread: 1/2 slice Vegetable and/or fruit (2 or more): <u>2 items</u> 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) <ul style="list-style-type: none"> 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

Meal Pattern 3-5 Year old Serving Sizes	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: <ul style="list-style-type: none"> • 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 Hard Boiled Eggs Orange Slices Milk	Toast Boiled Eggs Applesauce Milk	Oatmeal Bananas Turkey Sausage Milk	Yogurt Granola Raspberries Ham slices Milk	Muffins Blueberries Beef Patties w/cheese Milk
Notes/Dietary Restrictions					
Lunch: <ul style="list-style-type: none"> • Meat/meat alternate: 1 1/2 oz. • Grain or bread: 1/2 slice • Vegetable and/or fruit (2 or more): <u>2 items</u> 1/4 cup each = 1/2 C. total • 1% or nonfat Milk, fluid: 3/4 cup 	Sloppy Joes w/ground beef, Tator Tots Broccoli Cantaloupe Milk	Lasagna w/ ground beef, marinara sauce, cheese Garlic Bread Carrots Pineapple Milk	Oriental Chicken Salad w/chicken, iceberg lettuce, shredded cheese chow mein noodles Mandarin Oranges Rolls Milk	Sweet & Sour Meatballs Macaroni Salad Corn Mango Milk	Barbeque Chicken Baked Beans Corn Roll Sliced Watermelon Milk
Notes/Dietary Restrictions					
Snack: (Items from 2 food groups) <ul style="list-style-type: none"> • 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	String cheese Celery Water	Snap Peas Cheese Sticks Water	Cottage cheese Peaches Water	Cucumber Slices Hardboiled egg Water	Crackers Apple Slices 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.

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