

Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 1 February 11-15 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 	Kix Bananas Turkey Sausage milk	Scrambled eggs w/cheese & sausage crumbles Whole Grain Toast Oranges milk	Ham and Cheese Scones Hard Boiled eggs Blackberries milk	Whole Wheat Bagels w/Cream Cheese Beef Patties w/ cheese Pears milk	Whole Grain Pancakes Scrambled Eggs Raspberries 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): 2 items 1/4 cup each = 1/2 C. total ● 1% or nonfat Milk, fluid: 3/4 cup 	Scalloped Potatoes w/diced ham Green Beans Raspberries milk	Chicken Alfredo Caesar Salad Garlic Bread Pineapple milk	Beef Stroganoff Whole Wheat wide noodles Peas and Carrots Sliced Apples Milk	Turkey Ala King Mixed Vegetables Mashed Potatoes Whole grain Rolls Blueberries milk	Hot Ham and Cheese on Whole Grain rolls Sweet Potato fries Mangos 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	Celery Sunbutter Raisins water	Snap peas Goldfish Water	Banana Bread Apple Sauce water	Graham Crackers Apple Juice	Mixed Fruit Yogurt Smoothies Animal 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.

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Menu Cycle Week 2 February 18-22

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 Orange Slices Milk	Turkey Sausage Whole grain toast Strawberries Milk	Oatmeal Raisins Cantaloupe Beef Patties w/Cheese Milk	Scrambled Eggs w/Cheese Whole Grain Toast Diced Peaches Milk	Boiled Eggs English Muffins w/Cheddar Cheese and ham Pears 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): 2 items 1/4 cup each = 1/2 C. total ● 1% or nonfat Milk, fluid: 3/4 cup 	Chili Mac w/ground beef & whole grain noodles Peas and Carrots Diced Peaches Milk	Chicken Casserole w/white sauce, chicken, stuffing Garlic Bread Caesar Salad Blueberries Milk	Sliced Beef Dip w/Swiss Cheese on Hawaiian Rolls Sweet Potato Fries Blackberries Milk	Chef Salad w Green salad mix, ham turkey, cheese and boiled eggs Raspberries Oyster Crackers Milk	Lasagna w/beef, mozzarella, ricotta, and marinara sauce Whole grain roll Corn Honey Dew 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	Strawberry ad Peach yogurt Granola Water	Fresh Pineapple Banana Bread Water	Fresh Apple slices Pretzels Water	Orange Slices Graham Crackers Water	Egg salad Flatbread water
Notes/Dietary Restrictions					

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Menu Cycle Week 3 February 25 – March 1

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 	Cheerios Turkey Sausage Orange Slices Milk	Breakfast casserole w/egg, cheese, sausage Bananas Milk	Oatmeal Raisins Apple Slices Beef Patties w/cheese milk	Whole Grain Bagels w/ham and Cheese Strawberries Milk	Whole grain Waffles Fruit Compote w/apples & 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): 2 items 1/4 cup each = 1/2 C. total ● 1% or nonfat Milk, fluid: 3/4 cup 	Macaroni and Cheese w ham, whole grain pasta, cheddar cheese Green Salad Diced Pears Milk	Homemade Chicken vegetable Soup w/potatoes, carrots, chicken, chicken broth Whole grain rolls Honey dew melon Cooked carrots Milk	Taco Salad w/ground beef, cheese, tomatoes, iceberg lettuce, Corn Tortilla chips Blackberries Milk	Fish sticks Brown Rice Broccoli Cantaloupe Milk	Cheese Tortellini w/ground beef , marinara sauce Whole grain roll Corn Peaches 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 	Yogurt Granola Water	Egg Salad Flatbread Water	Carnival Cauliflower String cheese Water	Graham Crackers Peaches Water	Celery Sunbutter Water
Notes/Dietary Restrictions					
Infants					

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Menu Cycle Week 4 March 4-8

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 	Rice Chex Orange Slices Turkey Sausage Milk	Scrambled Eggs Ham Whole grain Toast Cantaloupe Milk	Oatmeal Raisins Apple Slices Beef Patties Milk	English Muffins w/ham & cheese Diced Peaches Milk	Whole Grain Pancakes Strawberries 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): 2 items 1/4 cup each = 1/2 C. total ● 1% or nonfat Milk, fluid: 3/4 cup 	Spaghetti w/whole grain pasta, ground beef, marinara sauce Garlic Bread Green Beans Diced Pears Milk	Tuna Sandwiches on whole grain bread Fresh carrots w/ranch dressing Raspberries Milk	Baked Pork Chops Brown Rice Peas Blueberries Milk	Chicken Caesar Salad w/chicken, mixed salad mix, parmesan cheese whole grain roll Honeydew Milk	Zucchini Lasagna w/ground turkey Green Beans Whole grain rolls 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	Apple Slices String cheese Water	Whole Grain Bagel Cream Cheese Water	Whole grain Ritz Cracker Cheese Slices Water	Egg Salad Flat bread Water	Banana Bread 100% Orange Juice Water
Infants					

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Menu Cycle Week 5 March 11-15

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 Turkey Sausage Cantaloupe raisins Milk	Whole Grain English Muffin w/ham & cheese Mandarins Milk	Yogurt Parfait w/granola, mixed berries Milk Ground beef sliders w/cheese	Blueberry Bagels Applesauce Hard boiled eggs Milk	Whole grain French toast casserole String cheese Pineapple 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): 2 items 1/4 cup each = 1/2 C. total ● 1% or nonfat Milk, fluid: 3/4 cup 	Hamburger Vegetable Soup w/ ground beef, carrots, potatoes, celery Whole Grain Rolls Green beans Honeydew Milk	Baked chicken Roasted Red Potatoes Cheesy Garlic Bread Stix Blackberries	Soft Tacos w/ground beef/turkey, Cheese, iceberg lettuce, tortillas, beans, tomatoes Blueberries Milk	Oriental beef/turkey Meatballs cooked in sweet/sour sauce Brown Rice Oriental vegetable mix w/carrots, bamboo shoots, pea pods Mandarins Milk	Grilled cheese w/ham on whole grain bread Tomato Soup Broccoli Bananas 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	Garbanzo bean dip Pita bread Snap Peas Water	Cauliflower w/ranch Whole grain Crackers Water	Special K Cereal bites /honey, sun butter, and cereal 100% Apple Juice Water	Goldfish Applesauce Water	Mixed Berry Smoothies Graham Crackers Water
Infants					

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Menu Cycle week 6 March 18-22

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	Scramble Eggs w/sausage crumbles & cheese Whole grain toast applesauce Milk	Whole Grain hot cereal Bananas Turkey Sausage Milk	Strawberry/Peach Yogurt Granola Raspberries Ham slices Milk	Blueberry 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): 2 items 1/4 cup each = 1/2 C. total ● 1% or nonfat Milk, fluid: 3/4 cup 	Tator Tot Casserole w/ground beef, white sauce, tator tots Broccoli/Cauliflower mix Whole Grain roll Cantaloupe Milk	Turkey/Provolone sandwiches on whole grain bread Carrots w/ranch Apple Slices Milk	Oriental chicken Salad w/chicken, iceberg lettuce, shredded cheese chow mein noodles Mandarin oranges Hawaiian rolls Milk	Beef Stew w/beef, carrots, potatoes Drop Biscuits Cucumber Slices Honeydew Milk	Barbecue Chicken Bakes Beans Corn 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 Mixed Fruit Water	Whole Grain Cracker Cheese Slices Water	Cottage cheese Peaches Water	Ritz Crackers Sunbutter Hardboiled egg Water	Chicken crackers Tukey slices Water
Notes/Dietary Restrictions					

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