

Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 2 January 9th- January 13th 2023

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	WG Rice Chex Turkey Sausage Banana Milk	WGR Dutch Waffles Canadian bacon Strawberries Milk	Cream of Wheat Hardboiled Egg Sliced Oranges Milk	Scrambled Eggs W/ Colby Jack Cheese Biscuits Canned Pears Milk	Blueberry Muffin Yogurt Blueberries 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	Sweet & Sour Beef Meatballs WGR Brown Rice Peas Cantaloupe Milk	Chicken Alfredo W/ Pesto WGR Fettuccini Noodle Caesar Salad Garlic Bread Mandarin Oranges Milk	Beef & Barley Soup Peas and Carrots Corn WGR Roll Raspberries Milk	Beef Taco Salad Lettuce Cheddar Cheese Salsa, Sour Cream WGR Tortilla Pineapple Milk	WGR Flat Bread Pizza Sausage Crumbles Marinara Sauce Mozzarella Cheese Orange Slices 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	Animal Crackers Tropical Fruit Pineapple, Papaya, Guava, Passion Fruit Water	WGR Soft Pretzels Cream Cheese Blueberries Water	Graham Crackers Apple Slices Water	Cereal Mix Carrot Sticks Water	Banana Bread Applesauce Water
					ENRICHMENT DAY

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.

We do not discriminate on the basis of gender identity and sexual orientation.

Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 3 January 16th- January 20th 2023

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	CLOSED	WGR Crispix Cereal Turkey Sausage Banana Milk	WGR Scones W/ Sausage Crumbles & Cheese Orange Slices Milk	Scramble Eggs WGR Toast Canned Peaches Milk	Sausage Biscuit Sandwich Turkey Sausage & Cheese Cantaloupe 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	CLOSED HOLIDAY	Tater Tot Casserole W/ Beef Cream of Mushroom Peas & Carrots WGR Rolls Honey Dew Milk	Mac & Cheese WGR Noodles Green Salad Raspberries Milk	Beef Stew W/ Potatoes Peas Carrots & Celery WGR Roll Blackberries Milk	Cheeseburger Sliders WGR Slider Buns Cheddar Cheese Sweet Potato Tots Pineapple 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	CLOSED	WGR Graham Crackers Mangos Water	WGR Goldfish Crackers Carrot Sticks Water	String Cheese Celery Sticks Water	Animal Crackers Tropical Fruit, Pineapple, Papaya, Guava, Passion Fruit Water
			PARENT COMMITTEE	POLICY COUNCIL	CHILD CARE ONLY

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Menu Cycle Week 4 January 23rd – January – 27th 2023

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 Cheerios Cereal Turkey Sausage Banana Milk	Biscuits & Gravy Turkey Sausage Peaches Milk	WGR Oatmeal Canadian Bacon Applesauce Milk	WGR Waffles Hard Boiled Eggs Banana Milk	WGR French Toast Sticks Turkey Sausage Mixed Fruit 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	Chicken Sliders WGR Bun Sliced Cucumbers Orange Slices Milk	Beef Taco Salad Shredded Lettuce Shredded Cheese Sour Cream WGR Tortilla Apple Slices Milk	Beef Stroganoff Egg Noodles Cream of Mushroom Soup Green Peas WGR Pita Bread Canned Pears Milk	Fish Sticks Tater Tots WGR Roll Mango Milk	Chicken Bowl Mashed Potatoes Brown Gravy Shredded Cheese Corn WGR Roll Honey Dew 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	Spinach Dip Naan Bread Carrot Sticks Water	Sun Butter Celery Sticks Water	WGR Goldfish Crackers Broccoli Water	String Cheese Blackberries Water	Banana Wraps Sun Butter WGR Tortilla Water
					ENRICHMENT DAY

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