

# Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 1 August 1<sup>st</sup> - August 5<sup>th</sup> 2022

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Breakfast:</b> <b>3 - 5</b> Grain: 1/2 serving Fruit or vegetable: 1/2 cup 1% or nonfat Milk: 1/4 cup</p> <p><b>Infants</b> Grains: 1/2 serving Fruit or vegetable: 1/4 cup Milk: 1/2 cup</p>	<p><b>WGR Life Cereal</b> <b>Turkey Sausage</b> <b>Banana</b></p> <p><b>Milk</b></p>	<p><b>WGR Croissant</b> <b>Scramble Eggs W/</b> <b>Cheese</b> <b>Peaches</b></p> <p><b>Milk</b></p>	<p><b>WGR Wheat Toast</b> <b>Canadian Bacon</b> <b>Pears</b></p> <p><b>Milk</b></p>	<p><b>Biscuits &amp; Pork Gravy</b> <b>Turkey Sausage</b> <b>Cantaloupe</b></p> <p><b>Milk</b></p>	<p><b>Yogurt</b> <b>WGR Granola</b> <b>Strawberries</b></p> <p><b>Milk</b></p>
<p><b>Lunch:</b> <b>3 - 5</b> 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><b>Infants</b> 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><b>Sun Butter &amp; Jelly</b> <b>WGR Sandwich</b> <b>Carrot Sticks</b> <b>Apple Slices</b></p> <p><b>Milk</b></p>	<p><b>Cheeseburger Sliders</b> <b>Tater Tots</b> <b>WGR Bread Sticks</b> <b>Honey Dew</b></p> <p><b>Milk</b></p>	<p><b>Herb &amp; Garlic Roll Up</b> <b>W/Ham &amp; Cheese</b> <b>Cream Cheese</b> <b>Cucumber Slices</b> <b>Watermelon</b></p> <p><b>Milk</b></p>	<p><b>Breaded Salmon</b> <b>Roasted Red Potatoes</b> <b>WGR Roll</b> <b>Blackberries</b></p> <p><b>Milk</b></p>	<p><b>Chicken Nuggets</b> <b>Sweet Potato Tots</b> <b>WGR Garlic Bread</b> <b>Watermelon</b></p> <p><b>Milk</b></p>
<p><b>Snack:</b> <b>3 - 5 and Infants</b> Serve 2 components Vegetable or fruit; 1/2 cup Grain: 1/2 serving Meat/meat alternate: 1/2 oz</p>	<p><b>WGR Naan Bread</b> <b>Cheese Sauce</b> <b>Cauliflower</b></p> <p><b>Water</b></p>	<p><b>Cream Cheese</b> <b>WGR Goldfish</b> <b>Celery</b></p> <p><b>Water</b></p>	<p><b>WGR Cereal Mix</b> <b>Banana</b></p> <p><b>Water</b></p>	<p><b>WGR Cracker</b> <b>Orange Slices</b></p> <p><b>Water</b></p>	<p><b>Graham Crackers</b> <b>Applesauce</b></p> <p><b>Water</b></p>
	<b>DINOCREW</b> <b>Performance</b>				<b>Childcare Only</b>

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

# Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 2 August 8<sup>th</sup> – August 12<sup>th</sup> 2022

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Breakfast:</b> <b>3 - 5</b> Grain: 1/2 serving Fruit or vegetable: ½ cup 1% or nonfat Milk, ¼ cup</p> <p><b>Infants</b> Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup</p>	<p><b>WGR Kix Cereal</b> <b>Turkey Sausage</b> <b>Banana</b></p> <p><b>Milk</b></p>	<p><b>French Toast Sticks</b> <b>Canadian Bacon</b> <b>Blueberries</b></p> <p><b>Milk</b></p>	<p><b>WGR Eggo Waffle</b> <b>Beef Patties</b> <b>Raspberries</b></p> <p><b>Milk</b></p>	<p><b>Scrambled Eggs W/ Sausage Crumbles</b> <b>WGR Bagel</b> <b>Pears</b></p> <p><b>Milk</b></p>	<p><b>Hash Browns</b> <b>WGR Toast</b> <b>Hard boiled eggs</b> <b>Strawberries</b></p> <p><b>Milk</b></p>
<p><b>Lunch:</b> <b>3 - 5</b> 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><b>Infants</b> Meat/meat alternate: 1 oz Grain: ½ serving Vegetable and/or fruit (2 or more, ¼ cup each) Milk: ½ cup</p>	<p><b>Beef Sloppy Joe</b> <b>WGR Bun</b> <b>Tatar Tots</b> <b>Sliced Oranges</b></p> <p><b>Milk</b></p>	<p><b>Chicken Alfredo</b> <b>WGR Pasta</b> <b>Garlic Bread</b> <b>Green Beans</b> <b>Watermelon</b></p> <p><b>Milk</b></p>	<p><b>Beef Taco Salad</b> <b>WGR Tortilla</b> <b>Shredded Lettuce</b> <b>Shredded Cheese</b> <b>Sour Cream</b> <b>Mango</b></p> <p><b>Milk</b></p>	<p><b>Salmon Sandwich</b> <b>WGR Bread</b> <b>Mac Salad</b> <b>Snap Peas</b> <b>Cantaloupe</b></p> <p><b>Milk</b></p>	<p><b>Mac &amp; Cheese</b> <b>WGR Noodles</b> <b>Peas</b> <b>Watermelon</b></p> <p><b>Milk</b></p>
<p><b>Snack:</b> <b>3 – 5 and Infants</b> Serve 2 components Vegetable or fruit; ½ cup Grain: ½ serving Meat/meat alternate: ½ oz</p>	<p><b>Graham Crackers</b> <b>Peach &amp; Mango</b> <b>Smoothies</b></p> <p><b>Water</b></p>	<p><b>Cream Cheese/Salsa</b> <b>Celery Sticks</b></p> <p><b>Water</b></p>	<p><b>Goldfish</b> <b>Carrot Sticks</b></p> <p><b>Water</b></p>	<p><b>Apple Cinnamon</b> <b>Muffins</b> <b>Apple Slices</b></p> <p><b>Water</b></p>	<p><b>Animal Crackers</b> <b>Orange Slices</b></p> <p><b>Water</b></p>
				<b>Paddling To Preschool</b>	<b>Childcare Only</b>

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Allergy substitutions are documented in the kitchen and in the classroom

**This institution is an equal opportunity provider and employer**

# Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 3 August 15<sup>th</sup> – August 19<sup>th</sup> 2022

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Breakfast:</b> <b>3 - 5</b> Grain: 1/2 serving Fruit or vegetable: 1/2 cup 1% or nonfat Milk: 3/4 cup</p> <p><b>Infants</b> Grains: 1/2 serving Fruit or vegetable: 1/4 cup Milk: 1/2 cup</p>	<p><b>WGR Life Cereal</b> <b>Turkey Sausage</b> <b>Banana</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>WGR Bagel</b> <b>Cream Cheese</b> <b>Canadian Bacon</b> <b>Sliced Oranges</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Scrambled Eggs</b> <b>W/ Salsa</b> <b>Cheese</b> <b>WGR Tortilla</b> <b>Raspberries</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Breakfast Sandwich</b> <b>WGR Biscuit</b> <b>Egg Patty</b> <b>Cheese</b> <b>Honey Dew</b></p> <p style="text-align: center;"><b>Milk</b></p>	CLOSED
<p><b>Lunch:</b> <b>3 - 5</b> 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><b>Infants</b> 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><b>Chicken Sliders</b> <b>WGR Slider Buns</b> <b>Sweet Potato Tots</b> <b>Blueberries</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Sun Butter &amp; Jelly</b> <b>WGR Bread</b> <b>Carrot Sticks</b> <b>Watermelon</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Chicken Strips</b> <b>WGR Bread Sticks</b> <b>Peas &amp; Carrots</b> <b>Apple Slices</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Fish Sticks</b> <b>Tatar Tots</b> <b>WGR Roll</b> <b>Blackberries</b></p> <p style="text-align: center;"><b>Milk</b></p>	CLOSED
<p><b>Snack:</b> <b>3 – 5 and Infants</b> Serve 2 components Vegetable or fruit: 1/2 cup Grain: 1/2 serving Meat/meat alternate: 1/2 oz</p>	<p><b>Naan Bread</b> <b>Cheese Sauce</b> <b>Cauliflower</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Animal Cracker</b> <b>Strawberry/Banana</b> <b>Smoothies</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Goldfish</b> <b>Carrot Sticks</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Yogurt</b> <b>Blueberries</b></p> <p style="text-align: center;"><b>Water</b></p>	CLOSED
		<b>Teddy Bear Picnic</b>		<b>Paddling to Kindergarten</b>	<b>Academy Closed</b>

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# Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 4 August 22<sup>nd</sup> –August 26<sup>th</sup> 2022

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Breakfast:</b> <b>3 - 5</b> Grain: 1/2 serving Fruit or vegetable: 1/2 cup 1% or nonfat Milk: 3/4 cup</p> <p><b>Infants</b> Grains: 1/2 serving Fruit or vegetable: 1/4 cup Milk: 1/2 cup</p>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>
<p><b>Lunch:</b> <b>3 - 5</b> 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><b>Infants</b> 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>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>
<p><b>Snack:</b> <b>3 – 5 and Infants</b> Serve 2 components Vegetable or fruit; 1/2 cup Grain: 1/2 serving Meat/meat alternate: 1/2 oz</p>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>
	<b>Mandatory Staff Training</b>	<b>Mandatory Staff Training</b>	<b>Mandatory Staff Training</b>	<b>Mandatory Staff Training</b>	<b>Mandatory Staff Training</b>

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# Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 5 August 29<sup>th</sup> – September 2<sup>nd</sup> 2022

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Breakfast:</b>  <b>3 - 5</b>                      Grain: 1/2 serving                      Fruit or vegetable: 1/2 cup                      1% or nonfat Milk: 3/4 cup</p> <p><b>Infants</b>                      Grains: 1/2 serving                      Fruit or vegetable: 1/4 cup                      Milk: 1/2 cup</p>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>
<p><b>Lunch:</b>  <b>3 - 5</b>                      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><b>Infants</b>                      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>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>
<p><b>Snack:</b>  <b>3 – 5 and Infants</b>                      Serve 2 components                      Vegetable or fruit; 1/2 cup                      Grain: 1/2 serving                      Meat/meat alternate: 1/2 oz</p>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>
	<b>Deep Cleaning</b>	<b>Deep Cleaning</b>	<b>Deep Cleaning</b>	<b>Deep Cleaning</b>	<b>Deep Cleaning</b>

Foods containing peanuts will not be served. Allergy substitution requires medical documentation.

One Whole Grain food item is required daily

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