

Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 1 December 4th – December 8th 2023

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: 3 - 5 Grain: 1/2 serving Fruit or vegetable: ½ cup 1% or nonfat Milk: ¾ cup Infants Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup	WGR Life Cereal Turkey Sausage Bananas Milk	Yogurt WGR Granola Blueberries Milk	Scrambled Eggs W/ Cheese English Muffin Applesauce Milk	WGR Chex Cereal Hard Boiled Eggs Orange Slices Milk	CLOSED
Lunch: 3 - 5 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 Infants Meat/meat alternate: 1 oz Grain: ½ serving Vegetable and/or fruit (2 or more, ¼ cup each) Milk: ½ cup	Turkey & Cheese Sandwich WGR Bread Green Salad Apple Slices Milk	Beef Goulash WGR Macaroni Noodles Corn Garlic Bread Peaches Milk	Chicken Sliders W/ Provolone Cheese WGR Bun Green Beans Mangos Milk	Fish Sticks Tater Tots WGR Crackers Raspberries Milk	CLOSED
Snack: 3 – 5 and Infants Serve 2 components Vegetable or fruit; ½ cup Grain: ½ serving Meat/meat alternate: ½ oz	Animal Crackers Peach/Mango Smoothies Water	String Cheese Sliced Apples Water	WGR Cereal Mix Honey Dew Water	WGR Goldfish Broccoli W/ Ranch Dressing Water	CLOSED
					ACADEMY CLOSED

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 2 December 11th – December 15th 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 Turkey Sausage Banana Milk	Breakfast Sandwiches English Muffin Canadian Bacon Cheddar Cheese Mandarin Oranges Milk	Scrambled Eggs W/ Salsa Cheese WGR Tortilla Cantaloupe Milk	WGR Toast Hard Boiled Eggs Applesauce Milk	WGR Dutch Waffles Cheese Sticks Raspberries 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	Mac & Cheese WGR Noodles Garlic Bread Peas & Carrots Blackberries Milk	Chicken Nuggets Roasted Potatoes WGR Roll Blueberries Milk	Swedish Beef Meatballs Egg Noodles Green Salad WGR Roll Apple Slices Milk	Ham & Cheese Sandwich WGR Bread Colby Jack Cheese Celery Sticks Peaches Milk	Beef Enchilada Casserole WGR Tortilla Cheddar Cheese Corn Tropical Fruit 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	Egg Salad Naan Bread Celery Sticks Water	Yogurt Strawberries Water	Soft Pretzels Baby Carrot W/ Ranch Dressing Water	WGR Ritz Crackers Hummus Water	WGR Graham Crackers Applesauce Water
				Pictures W/ Santa	Child Care Only

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Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 3 December 18th December 22nd 2023

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: 3 - 5 Grain: 1/2 serving Fruit or vegetable: ½ cup 1% or nonfat Milk: ¾ cup Infants Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup	WGR Mini Wheat Cereal Turkey Sausage Bananas Milk	WGR French Toast Sticks Canadian Bacon Orange Slices Milk	Hash Brown Patty Hard Boiled Eggs WGR Toast Raspberries Milk	Apple Cinnamon Scones Cheese Stick Applesauce Milk	CLOSED
Lunch: 3 - 5 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 Infants Meat/meat alternate: 1 oz Grain: ½ serving Vegetable and/or fruit (2 or more, ¼ cup each) Milk: ½ cup	Chicken Yakasoba WGR Noodles Steamed Carrots Naan Bread Mandarin Oranges Milk	Tuna Sliders WGR Buns Colby Jack Cheese Pickles Peaches Milk	Sausage Pizza Snap Peas Apples Slices Milk	Beef Spaghetti WGR Pasta Garlic Bread Corn Honey Dew Milk	CLOSED
			Parent Committee	Policy Council	
Snack: 3 – 5 and Infants Serve 2 components Vegetable or fruit; ½ cup Grain: ½ serving Meat/meat alternate: ½ oz	Cheese Sauce Soft Pretzels Cauliflower Water	Tortilla Wrap Refried Beans & Shredded Cheese Water	Sun Butter Celery Sticks Water	Pineapple/Mango Smoothies Graham Crackers B-3 Popcorn for Preschool Water	CLOSED
				Pajama Day Music W/ Alleyoop	HOLIDAY CLOSURE

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Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 4- December 25th December 29th 2023

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: 3 - 5 Grain: 1/2 serving Fruit or vegetable: ½ cup 1% or nonfat Milk,: ¾ cup Infants Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Lunch: 3 - 5 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 Infants Meat/meat alternate: 1 oz Grain: ½ serving Vegetable and/or fruit (2 or more, ¼ cup each) Milk: ½ cup	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Snack: 3 – 5 and Infants Serve 2 components Vegetable or fruit; ½ cup Grain: ½ serving Meat/meat alternate: ½ oz	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	HOLIDAY CLOSURE	HOLIDAY CLOSURE	HOLIDAY CLOSURE	HOLIDAY CLOSURE	HOLIDAY CLOSURE

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