

# Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 1 January 29<sup>th</sup> – February 2<sup>nd</sup> 2024

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 Cheerios</b> <b>Turkey Sausage</b> <b>Banana</b></p> <p><b>Milk</b></p>	<p><b>WGR Eggo Waffles</b> <b>Canadian Bacon</b> <b>Applesauce</b></p> <p><b>Milk</b></p>	<p><b>Egg &amp; Cheese Biscuit</b> <b>Peaches</b></p> <p><b>Milk</b></p>	<p><b>WGR Mini Croissants</b> <b>Turkey Sausage</b> <b>Pears</b></p> <p><b>Milk</b></p>	<p><b>CLOSED</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>Beef Sloppy Joes</b> <b>WGR Buns</b> <b>Carrots</b> <b>Raspberries</b></p> <p><b>Milk</b></p>	<p><b>Chicken Casserole</b> <b>WGR Stuffing</b> <b>Corn</b> <b>Honey Dew</b></p> <p><b>Milk</b></p>	<p><b>Meatball Subs</b> <b>WGR Bun</b> <b>Marinara Sauce</b> <b>Green Beans</b> <b>Pineapple</b></p> <p><b>Milk</b></p>	<p><b>Ham &amp; Monterey Jack</b> <b>Cheese Sliders</b> <b>WGR Roll</b> <b>Broccoli</b> <b>Apple Slices</b></p> <p><b>Milk</b></p>	<p><b>CLOSED</b> <b>Staff Training</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>Animal Crackers</b> <b>Apple Slices</b></p> <p><b>Water</b></p>	<p><b>String Cheese</b> <b>Snap Peas</b></p> <p><b>Water</b></p>	<p><b>Soft Pretzels</b> <b>Orange Slices</b></p> <p><b>Water</b></p>	<p><b>WGR Cereal Mix</b> <b>Carrot Sticks &amp;</b> <b>Ranch Dip</b></p> <p><b>Water</b></p>	<p><b>CLOSED</b></p>
					<p><b>ACADEMY CLOSED</b></p>

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

One Whole Grain food item is required daily.

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# Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 2 February 5<sup>th</sup> -February 9<sup>th</sup> 2024

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 Life Cereal</b> <b>Turkey Sausage</b> <b>Bananas</b></p> <p><b>Milk</b></p>	<p><b>Pork Sausage Gravy</b> <b>Biscuits</b> <b>Turkey Sausage</b> <b>Applesauce</b></p> <p><b>Milk</b></p>	<p><b>Yogurt</b> <b>WGR Granola</b> <b>Blueberries</b></p> <p><b>Milk</b></p>	<p><b>Egg, Cheese &amp; Sausage</b> <b>Crumbles Sliders</b> <b>WGR Buns</b> <b>Orange Slices</b></p> <p><b>Milk</b></p>	<p><b>WGR Dutch Waffles</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>Chicken Pot Pie</b> <b>WGR Crust</b> <b>Green Salad</b> <b>Sliced Apples</b></p> <p><b>Milk</b></p>	<p><b>Fish Sticks</b> <b>Tatar Tots</b> <b>WGR Roll</b> <b>Mandarin Oranges</b></p> <p><b>Milk</b></p>	<p><b>Chicken &amp; Provolone</b> <b>Cheese Sliders</b> <b>WGR Roll</b> <b>Broccoli</b> <b>Raspberries</b></p> <p><b>Milk</b></p>	<p><b>Beef Goulash</b> <b>WW Macaroni Noodles</b> <b>Garlic Bread</b> <b>Corn</b> <b>Pineapple</b></p> <p><b>Milk</b></p>	<p><b>Beef Taco Salad</b> <b>Lettuce</b> <b>Cheese</b> <b>Sour Cream</b> <b>WGR Tortilla</b> <b>Mango</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>Animal Crackers</b> <b>Tropical Fruit</b></p> <p><b>Water</b></p>	<p><b>String Cheese</b> <b>Cucumber Slices</b></p> <p><b>Water</b></p>	<p><b>Banana Bread</b> <b>Honey Dew</b></p> <p><b>Water</b></p>	<p><b>WGR Goldfish</b> <b>Carrot Sticks &amp;</b> <b>Ranch Dip</b></p> <p><b>Water</b></p>	<p><b>Cereal Mix</b> <b>Sliced Apples</b></p> <p><b>Water</b></p>
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# Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 3 February 12<sup>th</sup> -February 16<sup>th</sup> 2024

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 Cheerios</b> <b>Turkey Sausage</b> <b>Cantaloupe</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Breakfast Sandwiches</b> <b>Canadian Bacon</b> <b>Cheddar Cheese</b> <b>WGR English Muffin</b> <b>Blueberries</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Scrambled Eggs</b> <b>W/ Salsa &amp; Cheese</b> <b>WGR Tortilla</b> <b>Tropical Fruit</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>WGR Toast</b> <b>Hard Boiled Eggs</b> <b>Applesauce</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>French Toast Sticks</b> <b>Turkey Sausage</b> <b>Mixed Fruit</b></p> <p style="text-align: center;"><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>WGR Macaroni &amp; Cheese</b> <b>Garlic Bread</b> <b>Peas</b> <b>Peaches</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Baked Chicken</b> <b>Roasted Red Potatoes</b> <b>WGR Roll</b> <b>Mandarin Oranges</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Chicken Taco Soup</b> <b>Black Beans, Chili</b> <b>Beans, Corn, Tomatoes,</b> <b>Ranch Seasoning,</b> <b>WGR Tortilla Strips</b> <b>Green Salad</b> <b>Applesauce</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Turkey &amp; Colby Jack</b> <b>Sandwich</b> <b>WGR Bread</b> <b>Celery &amp;</b> <b>Carrot Sticks</b> <b>Orange Wedges</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Beef &amp; Cheese</b> <b>Enchilada Casserole</b> <b>WGR Tortilla</b> <b>Broccoli</b> <b>Pears</b></p> <p style="text-align: center;"><b>Milk</b></p>
			<b>Valentine's Day</b>		
<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>WGR Ritz Crackers</b> <b>Cauliflower &amp;</b> <b>Ranch Dip</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>WGR Graham Crackers</b> <b>Mangos</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Soft Pretzels</b> <b>Cucumber Slices</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Yogurt</b> <b>Strawberries</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Animal Crackers</b> <b>Mango/Orange</b> <b>Smoothies</b></p> <p style="text-align: center;"><b>Water</b></p>
			<b>Parent Committee</b> <b>Dental Bingo</b>	<b>Policy Council</b>	<b>Child Care Only</b>

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One Whole Grain food item is required daily.

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# Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 4 February 19<sup>th</sup> –February 23<sup>rd</sup> 2024

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>	<p>WGR Cheerios Turkey Sausage Bananas</p> <p>Milk</p>	<p>Pork Sausage Gravy WGR Biscuits Turkey Sausage Applesauce</p> <p>Milk</p>	<p>WGR Crispix String Cheese Orange Wedges</p> <p>Milk</p>	<p>WGR French Toast Scrambled Eggs Strawberries</p> <p>Milk</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>	<b>CLOSED</b>	<p>Ham &amp; Colby Jack Cheese Sliders WGR Buns Cucumber Slices Blackberries</p> <p>Milk</p>	<p>Fish Sticks Sweet Potato Tots Naan Bread Orange Wedges</p> <p>Milk</p>	<p>Hamburger Tater Tot Casserole Garlic Bread Green Beans Peaches</p> <p>Milk</p>	<p>Hamburger Soup Potatoes, Carrots, Celery, Corn WGR Rolls Pears</p> <p>Milk</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>	<b>CLOSED</b>	<p>Soft Pretzels Orange Slices</p> <p>Water</p>	<p>WGR Gold Fish Broccoli &amp; Dip</p> <p>Water</p>	<p>Sliced Cheese WGR Cracker Apple Slices</p> <p>Water</p>	<p>Banana &amp; Sun Butter Wraps WGR Tortillas</p> <p>Water</p>
	<b>HOLIDAY</b>				<b>Child Care Only</b>

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# Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 5 February 26<sup>th</sup> - March 1<sup>st</sup> 2024

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>French Toast Sticks</b> <b>Canadian Bacon</b> <b>Berry Compote</b></p> <p><b>Milk</b></p>	<p><b>WGR Mini Croissants</b> <b>Turkey Sausage</b> <b>Strawberries</b></p> <p><b>Milk</b></p>	<p><b>Hard Boiled Eggs</b> <b>WGR Toast</b> <b>Applesauce</b></p> <p><b>Milk</b></p>	<p><b>Dutch Waffles</b> <b>Beef Patties</b> <b>Pears</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>Chicken Yakisoba</b> <b>WGR Noodles</b> <b>Carrots &amp; Celery</b> <b>Snap Peas</b> <b>Pineapple</b></p> <p><b>Milk</b></p>	<p><b>Tuna Sandwiches</b> <b>WGR Bread</b> <b>Pickles</b> <b>Cantaloupe</b></p> <p><b>Milk</b></p>	<p><b>Beef Chili</b> <b>Corn Bread</b> <b>Green Beans</b> <b>Mandarin Oranges</b></p> <p><b>Milk</b></p>	<p><b>Pork w/Bok Choy</b> <b>WGR Brown Rice</b> <b>Snap Peas</b> <b>Peaches</b></p> <p><b>Milk</b></p>	<p><b>Chicken Nuggets</b> <b>Roasted Red Potatoes</b> <b>WGR Roll</b> <b>Orange Slices</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>Graham Crackers</b> <b>Strawberry Banana</b> <b>Smoothie</b></p> <p><b>Water</b></p>	<p><b>Naan Bread</b> <b>Cheese Sauce</b> <b>Cauliflower</b></p> <p><b>Water</b></p>	<p><b>WGR Goldfish Crackers</b> <b>Broccoli &amp; Ranch Dip</b></p> <p><b>Water</b></p>	<p><b>Cereal Mix</b> <b>Honeydew</b></p> <p><b>Water</b></p>	<p><b>Animal Crackers</b> <b>Banana</b></p>
					<b>Child Care Only</b>

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