

# Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 1 January 30<sup>th</sup> - February 3<sup>rd</sup> 2023

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast:</b> <b>3 - 5</b> Grain: 1/2 serving Fruit or vegetable: 1/2 cup 1% or nonfat Milk: 3/4 cup <b>Infants</b> Grains: 1/2 serving Fruit or vegetable: 1/4 cup Milk: 1/2 cup	<b>WGR Cheerios</b> <b>Turkey Sausage</b> <b>Banana</b>  <b>Milk</b>	<b>WGR Eggo Waffles</b> <b>Canadian Bacon</b> <b>Applesauce</b>  <b>Milk</b>	<b>Egg &amp; Cheese Biscuit</b> <b>Peaches</b>  <b>Milk</b>	<b>WGR Mini Croissants</b> <b>Turkey Sausage</b> <b>Pears</b>  <b>Milk</b>	<b>Pancakes</b> <b>Scrambled Eggs</b> <b>Berry Compote</b>  <b>Milk</b>
<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 <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	<b>Beef Sloppy Joes</b> <b>WGR Buns</b> <b>Carrots</b> <b>Raspberries</b>  <b>Milk</b>	<b>Chicken Casserole</b> <b>WGR Stuffing</b> <b>Corn</b> <b>Honey Dew</b>  <b>Milk</b>	<b>Meatball Subs</b> <b>WGR Bun</b> <b>Marinara Sauce</b> <b>Green Beans</b> <b>Pineapple</b>  <b>Milk</b>	<b>Ham &amp; Cheese Sliders</b> <b>WGR Roll</b> <b>Monterey Jack Cheese</b> <b>Cauliflower</b> <b>Apple Slices</b>  <b>Milk</b>	<b>Chicken Fried Rice</b> <b>Peas &amp; Carrots</b> <b>WGR Brown Rice</b> <b>Snap Peas</b> <b>Mango</b>  <b>Milk</b>
<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	<b>Animal Crackers</b> <b>Apple Slices</b>  <b>Water</b>	<b>String Cheese</b> <b>Snap Peas</b>  <b>Water</b>	<b>Soft Pretzels</b> <b>Orange Slices</b>  <b>Water</b>	<b>WGR Cereal Mix</b> <b>Carrot Sticks</b>  <b>Water</b>	<b>Banana Wraps</b> <b>WGR Tortilla</b> <b>Sun Butter</b>  <b>Water</b> <b>CHILD CARE 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.

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 February 6<sup>th</sup> -February 10<sup>th</sup> 2023

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast:</b> <b>3 - 5</b> Grain: 1/2 serving Fruit or vegetable: ½ cup 1% or nonfat Milk: ¾ cup <b>Infants</b> Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup	<b>WGR Life Cereal</b> <b>Turkey Sausage</b> <b>Bananas</b>  <b>Milk</b>	<b>Yogurt</b> <b>WGR Granola</b> <b>Blueberries</b>  <b>Milk</b>	<b>Pork Sausage Gravy</b> <b>Biscuits</b> <b>Turkey Sausage</b> <b>Orange Slices</b>  <b>Milk</b>	<b>Breakfast Sliders</b> <b>Sausage Crumbles</b> <b>Scrambled Eggs</b> <b>Cheddar Cheese</b> <b>Applesauce</b>  <b>Milk</b>	<b>WGR Dutch Waffles</b> <b>Hard Boiled Eggs</b> <b>Strawberries</b>  <b>Milk</b>
<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 <b>Infants</b> Meat/meat alternate: 1 oz Grain: ½ serving Vegetable and/or fruit (2 or more, ¼ cup each) Milk: ½ cup	<b>Chicken Pot Pie</b> <b>Cream of Chicken Soup</b> <b>Peas &amp; Carrots</b> <b>Green Salad</b> <b><u>Sliced Apples</u></b>  <b>Milk</b>	<b>Fish Sticks</b> <b>Tatar Tots</b> <b>WGR Roll</b> <b>Green Beans</b> <b><u>Mandarin Oranges</u></b>  <b>Milk</b>	<b>Chicken Sliders</b> <b>WGR Roll</b> <b>Provolone Cheese</b> <b>Broccoli</b> <b><u>Raspberries</u></b>  <b>Milk</b>	<b>Beef Goulash</b> <b>WW Macaroni Noodles</b> <b>Garlic Bread</b> <b>Corn</b> <b><u>Pineapple</u></b>  <b>Milk</b>	<b>Beef Taco Salad</b> <b>Lettuce</b> <b>Cheese</b> <b>Sour Cream</b> <b>WGR Tortilla</b> <b>Mango</b>  <b>Milk</b>
<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	<b>Animal Crackers</b> <b>Tropical Fruit</b> <b>Pineapple, Papaya,</b> <b>Guava, Passion Fruit</b>  <b>Water</b>	<b>String Cheese</b> <b>Zucchini Slices</b>  <b>Water</b>	<b>Graham Crackers</b> <b>Honey Dew</b>  <b>Water</b>	<b>WGR Goldfish</b> <b>Carrot Sticks</b>  <b>Water</b>	<b>Cereal Mix</b> <b>Sliced Apples</b>  <b>Water</b>
					<b>Enrichment Day</b>

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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.

# Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 3 February 13<sup>th</sup> –February 17<sup>th</sup> 2023

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast:</b> <b>3 - 5</b> Grain: 1/2 serving Fruit or vegetable: ½ cup 1% or nonfat Milk: ¾ cup <b>Infants</b> Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup	<b>WGR Cheerios</b> <b>Turkey Sausage</b> <b>Cantaloupe</b>  <b>Milk</b>	<b>Breakfast Sandwiches</b> <b>Canadian Bacon</b> <b>Cheddar Cheese</b> <b>WGR English Muffin</b> <b>Blueberries</b>  <b>Milk</b>	<b>Scrambled Eggs</b> <b>W/ Salsa</b> <b>Cheese</b> <b>WGR Tortilla</b> <b>Tropical Fruit</b> <b>Pineapple, Papaya,</b> <b>Guava, Passion Fruit</b>  <b>Milk</b>	<b>WGR Toast</b> <b>Hard Boiled Eggs</b> <b>Applesauce</b>  <b>Milk</b>	<b>CLOSED</b>
<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 <b>Infants</b> Meat/meat alternate: 1 oz Grain: ½ serving Vegetable and/or fruit (2 or more, ¼ cup each) Milk: ½ cup	<b>WGR Macaroni &amp; Cheese</b> <b>Garlic Bread</b> <b>Carrots</b> <b>Peas</b>  <b>Milk</b>	<b>Baked Chicken</b> <b>Roasted Red Potatoes</b> <b>WGR Roll</b> <b>Corn</b>  <b>Milk</b>	<b>Beef Taco Soup</b> <b>Black Beans, Chili</b> <b>Beans, Corn, Tomatoes,</b> <b>Ranch Seasoning,</b> <b>Cheese</b> <b>Flat Bread</b> <b>Green Salad</b>  <b>Milk</b>	<b>Turkey Sandwich</b> <b>WGR Bread</b> <b>Colby Jack Cheese</b> <b>Celery Sticks</b> <b>Carrot Sticks</b>  <b>Milk</b>	<b>CLOSED</b>
		<b>Valentine's Day</b>	<b>Parent Committee</b>	<b>Policy Council</b>	<b>All Staff Meeting</b>
<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	<b>WGR Crackers</b> <b>Cauliflower</b>  <b>Water</b>	<b>WGR Graham Crackers</b> <b>Mangos</b>  <b>Water</b>	<b>Soft Pretzels</b> <b>Cucumber Slices</b>  <b>Water</b>	<b>Yogurt</b> <b>Strawberries</b>  <b>Water</b>	<b>CLOSED</b>
			<b>Dental Bingo</b>		

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# Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 4 February 20<sup>th</sup> –February 24<sup>th</sup> 2023

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast:</b> <b>3 - 5</b> Grain: 1/2 serving Fruit or vegetable: ½ cup 1% or nonfat Milk: ¾ cup <b>Infants</b> Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup	<b>CLOSED</b>	WGR Cheerios Turkey Sausage Bananas  Milk	WGR Oatmeal Sliced Oranges String Cheese  Milk	Pork Sausage Gravy WGR Biscuits Turkey Sausage Applesauce  Milk	WGR French Toast Scrambled Eggs Strawberries  Milk
<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 <b>Infants</b> Meat/meat alternate: 1 oz Grain: ½ serving Vegetable and/or fruit (2 or more, ¼ cup each) Milk: ½ cup	<b>CLOSED</b>	Ham & Cheese Sliders WGR Buns Colby Jack Cheese Edamame Cucumber Slices  Milk	Fish Sticks Sweet Potato Tots Naan Bread Celery Sticks  Milk	Chicken Caesar Salad Romaine Lettuce Chicken, Croutons, Parmesan Cheese Garlic Bread Zucchini Sticks  Milk	Hamburger Soup Potatoes, Carrots Green Beans, Celery Corn WGR Rolls  Milk
<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	<b>CLOSED</b>	Soft Pretzels Orange Slices  Water	WGR Gold Fish Broccoli  Water	Sliced Cheese WGR Cracker Apple Slices  Water	Naan bread Carrot Sticks  Water
	<b>HOLIDAY</b>				<b>Enrichment Day</b>

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# Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 5 February 27<sup>th</sup> – March 3<sup>rd</sup> 2023

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast:</b> <b>3 - 5</b> Grain: 1/2 serving Fruit or vegetable: 1/2 cup 1% or nonfat Milk: 1/4 cup <b>Infants</b> Grains: 1/2 serving Fruit or vegetable: 1/4 cup Milk: 1/2 cup	<b>Life Cereal</b> <b>Turkey Sausage</b> <b>Banana</b>  <b>Milk</b>	<b>French Toast Sticks</b> <b>Canadian Bacon</b> <b>Berry Compote</b>  <b>Milk</b>	<b>WGR Mini Croissants</b> <b>Turkey Sausage</b> <b>Strawberries</b>  <b>Milk</b>	<b>Green Eggs and Ham</b> <b>Scrambled eggs</b> <b>Canadian Bacon</b> <b>WGR Toast</b> <b>Applesauce</b>  <b>Milk</b>	<b>Dutch Waffles</b> <b>Beef Patties</b> <b>Orange Slices</b>  <b>Milk</b>
<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 <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	<b>Chicken Yakisoba</b> <b>WGR Noodles</b> <b>Carrots &amp; Celery</b> <b>Edamame</b> <b>Pineapple</b>  <b>Milk</b>	<b>Beef Enchilada Casserole</b> <b>WGR Tortilla</b> <b>Cheddar Cheese</b> <b>Corn</b> <b>Honey Dew</b>  <b>Milk</b>	<b>Beef Chili</b> <b>Corn Bread</b> <b>Green Beans</b> <b>Apple Slices</b>  <b>Milk</b>	<b>Pork w/Bok Choy</b> <b>WGR Brown Rice</b> <b>Snap Peas</b> <b>Mandarin Oranges</b>  <b>Milk</b>	<b>Fish Sticks</b> <b>Tater Tots</b> <b>WGR Roll</b> <b>Peaches</b>  <b>Milk</b>
<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	<b>Graham Crackers</b> <b>Applesauce</b>  <b>Water</b>	<b>Naan Bread</b> <b>Cheese Sauce</b> <b>Cauliflower</b>  <b>Water</b>	<b>WGR Goldfish Crackers</b> <b>Broccoli</b>  <b>Water</b>	<b>Cereal Mix</b> <b>Cantaloupe</b>  <b>Water</b>	<b>Animal Crackers</b> <b>Banana</b>  <b>Water</b>
<b>Dr. Seuss Week</b>	<b>PAJAMA DAY</b>	<b>CRAZY SOCK DAY</b>	<b>CRAZY HAIR /HAT DAY</b>	<b>WEAR GREEN DAY</b>	<b>CHILD CARE ONLY</b>

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# Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 1 March 6<sup>th</sup>-10<sup>th</sup> 2023

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast:</b> <b>3 - 5</b> Grain: 1/2 serving Fruit or vegetable: ½ cup 1% or nonfat Milk: ¾ cup <b>Infants</b> Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup	<b>WGR Crispix Cereal</b> <b>Turkey Sausage</b> <b>Banana</b>  <b>Milk</b>	<b>Biscuits &amp; Pork Gravy</b> <b>Turkey Sausage</b> <b>Pears</b>  <b>Milk</b>	<b>Yogurt</b> <b>WGR Granola</b> <b>Blueberries</b>  <b>Milk</b>	<b>Scrambled Eggs</b> <b>Hash Brown Patties</b> <b>WGR Toast</b> <b>Sliced Oranges</b>  <b>Milk</b>	<b>WGR Waffles</b> <b>String Cheese</b> <b>Mixed Fruit</b>  <b>Milk</b>
<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 <b>Infants</b> Meat/meat alternate: 1 oz Grain: ½ serving Vegetable and/or fruit (2 or more, ¼ cup each) Milk: ½ cup	<b>Baked Beef Raviolis</b> <b>Marinara</b> <b>Green Salad</b> <b>Garlic Bread</b> <b>Honey Dew</b>  <b>Milk</b>	<b>Chicken Pot Pie</b> <b>Peas Carrots</b> <b>Red Potatoes</b> <b>WGR Bread Sticks</b> <b>Strawberries</b>  <b>Milk</b>	<b>Turkey Pinwheels</b> <b>WGR Tortilla</b> <b>Cream Cheese</b> <b>Cucumber</b> <b>Peaches</b>  <b>Milk</b>	<b>Salmon Sandwiches</b> <b>WGR Bread</b> <b>Zucchini Sticks</b> <b>Blackberries</b>  <b>Milk</b>	<b>BBQ Chicken</b> <b>WGR Macaroni Salad</b> <b>w/Carrots</b> <b>Green Beans</b> <b>Pineapple</b>  <b>Milk</b>
<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	<b>Sweet Potato Tots</b> <b>String Cheese</b>  <b>Water</b>	<b>WGR Cracker</b> <b>Red Bell Pepper</b>  <b>Water</b>	<b>Apple Slices</b> <b>Sun Butter</b>  <b>Water</b>	<b>Cheese It's</b> <b>Cauliflower</b>  <b>Water</b>	<b>Banana Wraps</b> <b>WGR Tortilla</b> <b>Sun Butter</b>  <b>Water</b>
					<b>ENRICHMENT DAY</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.

**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 March 13<sup>th</sup>-17<sup>th</sup> 2023

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast:</b> <b>3 - 5</b> Grain: 1/2 serving Fruit or vegetable: ½ cup 1% or nonfat Milk: ¾ cup <b>Infants</b> Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup	<b>WGR Cheerios</b> <b>Turkey Sausage</b> <b>Banana</b>  <b>Milk</b>	<b>WGR Dutch Waffles</b> <b>Yogurt</b> <b>Strawberries</b>  <b>Milk</b>	<b>Scrambled eggs</b> <b>W/ Salsa</b> <b>Cheese</b> <b>WGR Tortilla</b> <b>Mango</b>  <b>Milk</b>	<b>WGR Toast</b> <b>Hard boiled eggs</b> <b>Orange Slices</b>  <b>Milk</b>	<b>Apple Cinnamon</b> <b>Scones</b> <b>Turkey sausage</b> <b>Applesauce</b>  <b>Milk</b>
<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 <b>Infants</b> Meat/meat alternate: 1 oz Grain: ½ serving Vegetable and/or fruit (2 or more, ¼ cup each) Milk: ½ cup	<b>Chicken Stir Fry</b> <b>Crunchy Noodles</b> <b>Edamame</b> <b>Mandarin Oranges</b>  <b>Milk</b>	<b>Fish Sticks</b> <b>Tater Tots</b> <b>WGR Bread Sticks</b> <b>Green Salad</b> <b>Apple Slices</b>  <b>Milk</b>	<b>Beef Chili</b> <b>Corn Bread</b> <b>Yellow Squash Sticks</b> <b>Blueberries</b>  <b>Milk</b>	<b>Turkey Sandwich</b> <b>WGR bread</b> <b>Colby Jack Cheese</b> <b>Celery Sticks</b> <b>Cantaloupe</b>  <b>Milk</b>	<b>Beef Spaghetti</b> <b>WGR Spaghetti pasta</b> <b>Marinara</b> <b>Garlic bread</b> <b>Corn</b> <b>Tropical Fruit</b>  <b>Milk</b>
<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	<b>WGR Crackers</b> <b>Broccoli</b>  <b>Water</b>	<b>String Cheese</b> <b>Celery Sticks</b>  <b>Water</b>	<b>Naan Bread</b> <b>Spinach Dip</b> <b>Cauliflower</b>  <b>Water</b>	<b>Yogurt</b> <b>Strawberries</b>  <b>Water</b>	<b>Cheese It's</b> <b>Bananas</b>  <b>Water</b>
			<b>PARENT COMMITTEE</b>	<b>POLICY COUNCEL</b>	<b>CHILDCARE ONLY</b>

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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 March 20th-24th 2023

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast:</b> <b>3 - 5</b> Grain: 1/2 serving Fruit or vegetable: 1/2 cup 1% or nonfat Milk: 3/4 cup <b>Infants</b> Grains: 1/2 serving Fruit or vegetable: 1/4 cup Milk: 1/2 cup	<b>WGR Kix Cereal</b> <b>Turkey Sausage</b> <b>Bananas</b>  <b>Milk</b>	<b>Scrambled Eggs w/</b> <b>Sausage Crumbles</b> <b>Colby Cheese</b> <b>WGR Toast</b> <b>Orange Slices</b>  <b>Milk</b>	<b>WGR Oatmeal</b> <b>Cheese Sticks</b> <b>Peaches</b>  <b>Milk</b>	<b>WGR Biscuits</b> <b>Sausage Gravy</b> <b>Turkey Sausage</b> <b>Applesauce</b>  <b>Milk</b>	<b>WGR French Toast</b> <b>Scrambled Eggs</b> <b>Strawberries</b>  <b>Milk</b>
<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 <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	<b>Baked Ham</b> <b>Scallop Potatoes</b> <b>WGR Roll</b> <b>Blueberries</b>  <b>Milk</b>	<b>Cheeseburger Sliders</b> <b>WGR Buns</b> <b>Cheddar Cheese</b> <b>Tater Tots</b> <b>Apple Slices</b>  <b>Milk</b>	<b>Tuna Sandwiches</b> <b>WGR Bread</b> <b>Crackers</b> <b>Pickles</b> <b>Cantaloupe</b>  <b>Milk</b>	<b>Chicken Caesar Salad</b> <b>Romaine Lettuce</b> <b>Garlic Chicken</b> <b>Croutons, Parmesan</b> <b>Cheese</b> <b>Garlic Bread</b> <b>Raspberries</b>  <b>Milk</b>	<b>Hamburger Soup</b> <b>Potatoes, Carrots</b> <b>Green Beans, Celery</b> <b>WGR Rolls</b> <b>Tropical Fruit</b>  <b>Milk</b>
<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	<b>Egg Salad</b> <b>Flat Bread</b> <b>Carrot Sticks</b>  <b>Water</b>	<b>Soft Pretzels</b> <b>Cheese Sauce</b> <b>Broccoli</b>  <b>Water</b>	<b>Gold Fish</b> <b>Zucchini Slices</b>  <b>Water</b>	<b>Sliced Cheese</b> <b>WGR Cracker</b> <b>Orange Slices</b>  <b>Water</b>	<b>Animal Crackers</b> <b>Banana</b>  <b>Water</b>
				<b>MINI HEALTH FAIR</b>	<b>ENRICHMENT DAY</b>

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# Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 4 March 27<sup>th</sup> -31<sup>st</sup> 2023

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast:</b> <b>3 - 5</b> Grain: 1/2 serving Fruit or vegetable: 1/2 cup 1% or nonfat Milk,: 3/4 cup <b>Infants</b> Grains: 1/2 serving Fruit or vegetable: 1/4 cup Milk: 1/2 cup	<b>WGR Crispix Cereal</b> <b>Turkey Sausage</b> <b>Banana</b>  <b>Milk</b>	<b>Yogurt</b> <b>WGR Granola</b> <b>Strawberries</b>  <b>Milk</b>	<b>WGR Bagel</b> <b>Cream Cheese</b> <b>Turkey Sausage</b> <b>Blueberries</b>  <b>Milk</b>	<b>WGR English Muffin</b> <b>Sandwich</b> <b>Canadian Bacon</b> <b>Colby Jack Cheese</b> <b>Pears</b>  <b>Milk</b>	<b>WGR Banana</b> <b>Cinnamon Muffin</b> <b>String Cheese</b> <b>Orange slices</b>  <b>Milk</b>
<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 <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	<b>Beef Tatar Tot</b> <b>Casserole</b> <b>Green Beans</b> <b>WGR Roll</b> <b>Cantaloupe</b>  <b>Milk</b>	<b>Baked Chicken Thighs</b> <b>Roasted Red Potatoes</b> <b>WGR Roll</b> <b>Tropical Fruit</b>  <b>Milk</b>	<b>WGR English Muffin</b> <b>Pizza</b> <b>Canadian Bacon</b> <b>Pineapple</b> <b>Green Salad</b> <b>Mandarin Oranges</b>  <b>Milk</b>	<b>Chicken Soup</b> <b>WGR Noodle</b> <b>Potatoes</b> <b>Corn, Peas</b> <b>Carrots</b> <b>WGR Roll</b> <b>Blackberries</b>  <b>Milk</b>	<b>Pork Fried Rice</b> <b>WGR Brown Rice</b> <b>Snap Peas</b> <b>Pineapple</b>  <b>Milk</b>
<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	<b>Apple Slices</b> <b>Sun Butter</b>  <b>Water</b>	<b>Cheese Sticks</b> <b>Celery Sticks</b>  <b>Water</b>	<b>Soft Pretzels</b> <b>Carrot Sticks</b>  <b>Water</b>	<b>Banana Bread</b> <b>Applesauce</b>  <b>Water</b>	<b>WGR Crackers</b> <b>Broccoli</b>  <b>Water</b>
		<b>Preschool Conferences</b>	<b>Preschool Conferences</b>	<b>Preschool Conferences</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.

This institution is an equal opportunity provider and employer.

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