

Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 1 June 5th – June 9th 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 Krispies Cheese Sticks Bananas Milk	Biscuits and Pork Gravy Turkey Sausage Orange Slices Milk	WGR French Toast Canadian Bacon Pears Milk	Hard Boiled Eggs WGR Toast Applesauce Milk	Yogurt WGR Granola 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	Chicken Nuggets French Fries WGR Roll Watermelon Milk	Fish Tacos Mango Salsa WGR Tortilla Coleslaw Tropical Fruit Milk	Turkey & Cheese Sandwiches Cucumber Slices Raspberries Milk	Teriyaki Chicken Brown Rice Snap Peas Orange Wedges Milk	Cheeseburger Sliders WGR Bun Sweet Potato Tots Apple 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	Sun Butter Celery Sticks Water	Banana Bread Applesauce Water	WGR Cereal Mix Carrot Sticks Water	Cheese Crackers Cauliflower Water	WGR Goldfish Bananas 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 2 June 12th –June 16th 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 Crispix Cereal Turkey Sausage Banana Milk	Scrambled Eggs Beef Sliders WGR Toast Cantaloupe Milk	WGR Bagels Cream Cheese Canadian Bacon Blackberries Milk	WG Chex Cereal String Cheese Orange Slices Milk	WGR Dutch Waffles Turkey Sausage Strawberries Milk
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	Sun Butter & Jelly Sandwich WGR Bread Carrot Sticks Raspberries Milk	Ham & Cheese Sliders WGR Bun Tater Tots Watermelon Milk	Chicken Yakisoba WGR Noodles Broccoli Shredded Carrots Snap Peas Mandarin Oranges Milk	Beef Enchilada Casserole WGR Tortilla Corn Pineapple Milk	Chicken Nuggets Roasted Potatoes WGR Roll Honey Dew Milk
			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	Naan Bread Cheese Sauce Broccoli Water	Graham Cracker Applesauce Water	Cheese it's Celery Sticks Water	Carrot Sticks WGR Goldfish Water	WGR Crackers Cheese Slices Orange/Mango Smoothie Water
				Fathers and Floats	Child Care Only

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 June 19th – June 23rd 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 JUNETEENTH	WG Kix Cereal Turkey Sausage Banana Milk	Scrambled Eggs W/Breakfast Sausage WGR Tortilla Blackberries Milk	WGR Waffles Canadian Bacon Orange Slices Milk	Blueberry Muffins Beef Patty Blueberries Milk
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 JUNETEENTH	Beef Taco Salad Lettuce, Cheese Sour Cream WGR Tortilla Pineapple Milk	Chicken Alfredo WGR Pasta Peas & Carrots Watermelon Milk	Beef Sloppy Joes WGR Bun French Fries Strawberries Milk	Tuna Fish Sandwich WGR Bread Pickles Mandarin oranges Milk
Snack: 3 – 5 and Infants Serve 2 components Vegetable or fruit: ½ cup Grain: ½ serving Meat/meat alternate: ½ oz	CLOSED JUNETEENTH	Soft Pretzel Cheese Sauce Cauliflower Water	WGR Crackers Apple Slices Water	Berry Animal Crackers Baby Carrots Water	WGR Goldfish Honey Dew Water
					Enrichment Day Clam Bake

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 4 June 26th – June 30th 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 Cheerios Turkey Sausage Banana Milk	Biscuits & Gravy Turkey Sausage Orange Slices Milk	Banana WGR Oatmeal Canadian Bacon Raspberries Milk	Scrambled Eggs WGR Toast Canned Pears Milk	WGR French Toast Hard Boiled Eggs Strawberries Milk
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 Strips Tater Tots WGR Roll Watermelon Milk	Beef Spaghetti WGR Noodles Garlic Bread Green Salad Cantaloupe Milk	Garlic Herb Wrap Turkey Provolone Cream Cheese Cauliflower Honey Dew Milk	Ham & Cheese Sliders WGR Bun Potato Salad Carrots Watermelon Milk	Chicken and Cheese Quesadilla WGR Tortilla Peas and Carrots Mango Milk
Snack: 3 – 5 and Infants Serve 2 components Vegetable or fruit; ½ cup Grain: ½ serving Meat/meat alternate: ½ oz	Spinach Dip Naan Bread Carrot Sticks Water	Cheese Crackers Snap Peas Water	Sun Butter Celery Sticks Water	WGR Cereal Mix Broccoli Water	Corn Bread Applesauce Water
					Child Care Only

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.