

Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 1 June 6th – June 10th 2022

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast: 3 - 5 Grain: 1/2 serving Fruit or vegetable: 1/2 cup 1% or nonfat Milk: 3/4 cup</p> <p>Infants Grains: 1/2 serving Fruit or vegetable: 1/4 cup Milk: 1/2 cup</p>	<p>WG Rice Krispies Cheese Sticks Bananas</p> <p>Milk</p>	<p>Biscuits and Pork Gravy Turkey Sausage Orange Slices</p> <p>Milk</p>	<p>WGR French Toast Canadian Bacon Pears</p> <p>Milk</p>	<p>Hard Boiled Eggs WGR Toast Applesauce</p> <p>Milk</p>	<p>Yogurt WGR Granola Blueberries</p> <p>Milk</p>
<p>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</p> <p>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</p>	<p>Chicken Nuggets Tatar Tots WGR Roll Watermelon</p> <p>Milk</p>	<p>Fish Tacos Mango Salsa WGR Tortilla Coleslaw Tropical Fruit</p> <p>Milk</p>	<p>Turkey & Cheese Sandwiches Zucchini Slices Raspberries</p> <p>Milk</p>	<p>Teriyaki Chicken Brown Rice Snap Peas Orange Wedges</p> <p>Milk</p>	<p>Cheeseburger Sliders WGR Bun Sweet Potato Tots Apple Slices</p> <p>Milk</p>
<p>Snack: 3 – 5 and Infants Serve 2 components Vegetable or fruit; 1/2 cup Grain: 1/2 serving Meat/meat alternate: 1/2 oz</p>	<p>Sun Butter Celery Sticks</p> <p>Water</p>	<p>Banana Bread Applesauce</p> <p>Water</p>	<p>WGR Cereal mix Cheerios, Rice Chex Life Cereal Carrot Sticks</p> <p>Water</p>	<p>Cheese Crackers Cauliflower</p> <p>Water</p>	<p>WGR Goldfish Bananas</p> <p>Water</p>

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

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Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 2 June 13th - June 17th 2022

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast: 3 - 5 Grain: 1/2 serving Fruit or vegetable: 1/2 cup 1% or nonfat Milk: 3/4 cup</p> <p>Infants Grains: 1/2 serving Fruit or vegetable: 1/4 cup Milk: 1/2 cup</p>	<p>WGR Crispix Cereal Turkey Sausage Banana</p> <p style="text-align: center;">Milk</p>	<p>Scrambled Eggs Beef Sliders WGR Toast Cantaloupe</p> <p style="text-align: center;">Milk</p>	<p>WGR Bagels Cream Cheese Canadian Bacon Blackberries</p> <p style="text-align: center;">Milk</p>	<p>WG Chex Cereal String Cheese Orange Slices</p> <p style="text-align: center;">Milk</p>	<p>WGR Dutch Waffles Turkey Sausage Strawberries</p> <p style="text-align: center;">Milk</p>
					CULTURE DAY
<p>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</p> <p>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</p>	<p>Sun Butter & Jelly Sandwich WGR Bread Carrot Sticks Raspberries</p> <p style="text-align: center;">Milk</p>	<p>Chef Salad Turkey Ham Eggs Cheese Breadstick Watermelon</p> <p style="text-align: center;">Milk</p>	<p>Chicken Yakisoba WGR Noodles Broccoli Shredded Carrots Snap Peas Mandarin Oranges</p> <p style="text-align: center;">Milk</p>	<p>Beef Enchilada Casserole WGR Tortilla Corn Pineapple</p> <p style="text-align: center;">Milk</p>	<p>Chicken Nuggets Roasted Potatoes Corn WGR Roll Honey Dew</p> <p style="text-align: center;">Milk</p>
					CULTURE DAY
<p>Snack: 3 - 5 and Infants Serve 2 components Vegetable or fruit: 1/2 cup Grain: 1/2 serving Meat/meat alternate: 1/2 oz</p>	<p>Naan Bread Cheese Sauce Broccoli</p> <p style="text-align: center;">Water</p>	<p>Graham Cracker Applesauce</p> <p style="text-align: center;">Water</p>	<p>Cheese it's Celery Sticks</p> <p style="text-align: center;">Water</p>	<p>Carrot Sticks WGR Goldfish</p> <p style="text-align: center;">Water</p>	<p>WGR Crackers Cheese Slices Yellow Squash</p> <p style="text-align: center;">Water</p>
					CULTURE DAY

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Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week3 June 20th – June 24th 2022

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast: 3 - 5 Grain: 1/2 serving Fruit or vegetable: 1/2 cup 1% or nonfat Milk: 1/4 cup</p> <p>Infants Grains: 1/2 serving Fruit or vegetable: 1/4 cup Milk: 1/2 cup</p>	<p>CLOSED JUNETEENTH</p>	<p>WG Kix Cereal Turkey Sausage Banana</p> <p style="text-align: center;">Milk</p>	<p>Scrambled Eggs W/Breakfast Sausage WGR Tortilla Blackberries</p> <p style="text-align: center;">Milk</p>	<p>WGR Waffles Canadian Bacon Orange Slices</p> <p style="text-align: center;">Milk</p>	<p>Pancakes Beef Sliders Mixed Fruit</p> <p style="text-align: center;">Milk</p>
<p>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</p> <p>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</p>	<p>CLOSED JUNETEENTH</p>	<p>Beef Taco Salad Lettuce, Cheese Sour Cream WGR Tortilla Pineapple</p> <p style="text-align: center;">Milk</p>	<p>Chicken Alfredo WGR Pasta Peas & Carrots Watermelon</p> <p style="text-align: center;">Milk</p>	<p>Beef Sloppy Joes WGR Bun Tater Tots Strawberries</p> <p style="text-align: center;">Milk</p>	<p>Tuna Fish Sandwich WGR Bread Pickles Cucumber Slices Mandarin oranges</p> <p style="text-align: center;">Milk</p>
<p>Snack: 3 – 5 and Infants Serve 2 components Vegetable or fruit; 1/2 cup Grain: 1/2 serving Meat/meat alternate: 1/2 oz</p>	<p>CLOSED JUNETEENTH</p>	<p>Soft Pretzel Cheese Sauce Cauliflower</p> <p style="text-align: center;">Water</p>	<p>Apple Slices WGR Crackers</p> <p style="text-align: center;">Water</p>	<p>Naan Bread for B-3 Tortilla Chips for 3-5 Refried Beans</p> <p style="text-align: center;">Water</p>	<p>WGR Goldfish Honey Dew</p> <p style="text-align: center;">Water</p>

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Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 4 June 27th – July 1st 2022

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast: 3 - 5 Grain: 1/2 serving Fruit or vegetable: 1/2 cup 1% or nonfat Milk: 3/4 cup</p> <p>Infants Grains: 1/2 serving Fruit or vegetable: 1/4 cup Milk: 1/2 cup</p>	<p>WGR Cheerios Turkey Sausage Banana</p> <p style="text-align: center;">Milk</p>	<p>Ham & Cheese Scones Orange Slices</p> <p style="text-align: center;">Milk</p>	<p>Banana WGR Oatmeal Canadian Bacon Raspberries</p> <p style="text-align: center;">Milk</p>	<p>Scrambled Eggs WGR Toast Canned Pears</p> <p style="text-align: center;">Milk</p>	<p>WGR French Toast Hard Boiled Eggs Strawberries</p> <p style="text-align: center;">Milk</p>
<p>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</p> <p>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</p>	<p>Chicken Strips Tater Tots WGR Roll Watermelon</p> <p style="text-align: center;">Milk</p>	<p>Beef Spaghetti WGR Noodles Marinara Garlic Bread Green Salad Cantaloupe</p> <p style="text-align: center;">Milk</p>	<p>Garlic Herb Wrap Turkey Provolone Cream Cheese Cauliflower Honey Dew</p> <p style="text-align: center;">Milk</p>	<p>Ham & Cheese Sliders WGR Bun Potato Salad Watermelon</p> <p style="text-align: center;">Milk</p>	<p>Chicken and Cheese Quesadilla WGR Tortilla Peas and Carrots Mango</p> <p style="text-align: center;">Milk</p>
<p>Snack: 3 – 5 and Infants Serve 2 components Vegetable or fruit; 1/2 cup Grain: 1/2 serving Meat/meat alternate: 1/2 oz</p>	<p>Spinach Dip Naan Bread Carrot Sticks</p> <p style="text-align: center;">Water</p>	<p>Cheese Crackers Snap Peas</p> <p style="text-align: center;">Water</p>	<p>Sun Butter Celery Sticks</p> <p style="text-align: center;">Water</p>	<p>Animal Crackers Broccoli</p> <p style="text-align: center;">Water</p>	<p>Corn Bread Applesauce</p> <p style="text-align: center;">Water</p>

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