

Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 1 March 6th-10th 2023

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

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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 2 March 13th-17th 2023

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

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Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 3 March 20th-24th 2023

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 Kix Cereal Turkey Sausage Bananas</p> <p>Milk</p>	<p>Scrambled Eggs w/ Sausage Crumbles Colby Cheese WGR Toast Orange Slices</p> <p>Milk</p>	<p>WGR Oatmeal Cheese Sticks Peaches</p> <p>Milk</p>	<p>WGR Biscuits Sausage Gravy Turkey Sausage Applesauce</p> <p>Milk</p>	<p>WGR French Toast Scrambled Eggs Strawberries</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>Baked Ham Scallop Potatoes WGR Roll Blueberries</p> <p>Milk</p>	<p>Cheeseburger Sliders WGR Buns Cheddar Cheese Tater Tots Apple Slices</p> <p>Milk</p>	<p>Tuna Sandwiches WGR Bread Crackers Pickles Cantaloupe</p> <p>Milk</p>	<p>Chicken Caesar Salad Romaine Lettuce Garlic Chicken Croutons, Parmesan Cheese Garlic Bread Raspberries</p> <p>Milk</p>	<p>Hamburger Soup Potatoes, Carrots Green Beans, Celery WGR Rolls Tropical Fruit</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>Egg Salad Flat Bread Carrot Sticks</p> <p>Water</p>	<p>Soft Pretzels Cheese Sauce Broccoli</p> <p>Water</p>	<p>Gold Fish Zucchini & Cucumber Slices</p> <p>Water</p>	<p>Sliced Cheese WGR Cracker Orange Slices</p> <p>Water</p>	<p>Animal Crackers Banana</p> <p>Water</p>
				MINI HEALTH FAIR	ENRICHMENT DAY

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Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 4 March 27th -31st 2023

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast: 3 - 5 Grain: 1/2 serving Fruit or vegetable: ½ cup 1% or nonfat Milk: ¾ cup</p> <p>Infants Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup</p>	<p>WGR Crispix Cereal Turkey Sausage Banana</p> <p>Milk</p>	<p>Yogurt WGR Granola Strawberries</p> <p>Milk</p>	<p>WGR Bagel Cream Cheese Turkey Sausage Blueberries</p> <p>Milk</p>	<p>WGR English Muffin Sandwich Canadian Bacon Colby Jack Cheese Pears</p> <p>Milk</p>	<p>WGR Banana Cinnamon Muffin String Cheese Orange Slices</p> <p>Milk</p>
<p>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</p> <p>Infants Meat/meat alternate: 1 oz Grain: ½ serving Vegetable and/or fruit (2 or more, ¼ cup each) Milk: ½ cup</p>	<p>Beef Tatar Tot Casserole Green Beans WGR Roll Cantaloupe</p> <p>Milk</p>	<p>Baked Chicken Thighs Roasted Red Potatoes WGR Roll Tropical Fruit</p> <p>Milk</p>	<p>WGR English Muffin Pizza Canadian Bacon Pineapple Green Salad Mandarin Oranges</p> <p>Milk</p>	<p>Chicken Soup WGR Noodle Potatoes Corn, Peas Carrots WGR Roll Blackberries</p> <p>Milk</p>	<p>Pork Fried Rice WGR Brown Rice Snap Peas Pineapple</p> <p>Milk</p>
<p>Snack: 3 – 5 and Infants Serve 2 components Vegetable or fruit; ½ cup Grain: ½ serving Meat/meat alternate: ½ oz</p>	<p>Apple Slices Sun Butter</p> <p>Water</p>	<p>Cheese Sticks Celery Sticks</p> <p>Water</p>	<p>Soft Pretzels Carrot Sticks</p> <p>Water</p>	<p>Banana Bread Applesauce</p> <p>Water</p>	<p>WGR Crackers Broccoli</p> <p>Water</p>
		Preschool Conferences	Preschool Conferences	Preschool Conferences	CHILDCARE ONLY

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