

Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 1 November 28th- December 2nd 2022

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	Rice Chex Cereal Turkey Sausage Banana Milk	WGR French Toast Sticks Canadian Bacon Peaches Milk	English Muffin Turkey Sausage Cheddar Cheese Mandarin Oranges Milk	Scrambled Eggs Canadian Bacon WGR Toast Applesauce Milk	Oatmeal Cheese Sticks Mixed Fruit 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 Casserole WGR Stuffing Mushroom Soup Green Beans Blueberries Milk	Beef Taco Salad Shredded Lettuce Shredded Cheese Sour Cream Salsa WGR Tortillas Mango Milk	Tuna Sliders WGR Buns Pickles Sweet Potato Tots Apple Slices Milk	Hamburger Soup w/Potatoes ,Green Beans Carrots Corn WGR Roll Strawberries Milk	Beef Sloppy Joes WGR Bun Tatar Tots Orange Slices Milk
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 Celery Sticks Water	Banana Wraps W/Sun Butter WGR Tortillas Water	Ritz Crackers Carrot Sticks Water	Graham Crackers Pears Water	Banana Bread Blueberries 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 December 5th – December 9th 2022

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: 3 - 5 Grain: 1/2 serving Fruit or vegetable: 1/2 cup 1% or nonfat Milk: 1/4 cup Infants Grains: 1/2 serving Fruit or vegetable: 1/4 cup Milk: 1/2 cup	WGR Life Cereal Turkey Sausage Bananas Milk	Yogurt WGR Granola Blueberries Milk	Apple & Cinnamon Oatmeal Canadian Bacon Bananas Milk	Chex Cereal String Cheese Orange Slices Milk	WGR Dutch Waffles Hard Boiled Eggs Strawberries 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 Pot Pie Garlic Chicken Pie Crust Cream Of Chicken Soup Peas & Carrots Green Salad Apple Slices Milk	Beef Goulash WGR Macaroni Noodles Corn Garlic Bread Raspberries Milk	Chicken Sliders WGR Bun Provolone Cheese Green Beans Applesauce Milk	Fish Sticks Tater Tots WGR Crackers Mangoes Milk	Turkey & Cheese Sandwiches WGR Bread Celery Sticks Pineapple 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	Animal Crackers Smoothies Water	String Cheese Broccoli Water	Graham Crackers Honey Dew Water	WGR Goldfish Carrot Sticks Water	Cereal Mix Sliced Apples Water
				COOKIES WITH SANTA	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 December 12th – December 16th 2022

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: 3 - 5 Grain: 1/2 serving Fruit or vegetable: ¼ cup 1% or nonfat Milk: ¼ cup Infants Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup	WGR Cheerios Turkey Sausage Banana Milk	Breakfast Sandwiches English Muffin Canadian Bacon Cheddar Cheese Blueberries Milk	Scrambled Eggs W/ Salsa Cheese WGR Tortilla Cantaloupe Milk	WGR Toast Hard Boiled Eggs Raspberries Milk	ACADEMY CLOSED
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	Mac & Cheese WGR Noodles Garlic Bread Peas & Carrots Blackberries Milk	Chicken Nuggets Tater Tots WGR Roll Mandarin Oranges Milk	Swedish Beef Meatballs Egg Noodles Green Salad WGR Roll Apple Slices Milk	Ham & Cheese Sandwich WGR Bread Colby Jack Cheese Celery Sticks Peaches Milk	ACADEMY CLOSED
Snack: 3 – 5 and Infants Serve 2 components Vegetable or fruit; ½ cup Grain: ½ serving Meat/meat alternate: ½ oz	Cheese Sauce Naan Bread Cauliflower Water	WGR Graham Crackers Applesauce Water	Soft Pretzels Zucchini Sticks Water	Yogurt Strawberries Water	ACADEMY CLOSED
					TTT EMPLOYEE PARTY

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 December 19th December 23rd 2022

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 Life Cereal Turkey Sausage Bananas Milk	WGR French Toast Sticks Canadian Bacon Orange slices Milk	WGR Kix Cereal Beef Patties Applesauce Milk	Apple Cinnamon Scones Turkey Sausage Applesauce Milk	CLOSED
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 Yakasoba Celery Carrots Naan Bread Apple Slices Milk	Ham & Cheese Sliders WGR Slider Buns Colby Jack Cheese Carrot Sticks Canned Peaches Milk	Sausage Pizza Pizza Sauce Mozzarella Cheese Snap Peas Mandarin Oranges Milk	Beef Spaghetti WGR Pasta Marinara Garlic Bread Corn Honey Dew Milk	CLOSED
Snack: 3 – 5 and Infants Serve 2 components Vegetable or fruit; ½ cup Grain: ½ serving Meat/meat alternate: ½ oz	Cheese Sauce Garlic Bread Sticks Cauliflower Water	Soft Pretzels Broccoli Water	Cheese Sticks Celery Sticks Water	Pineapple/Mango Smoothies Graham Crackers B-3 Popcorn for Preschool Water	CLOSED
				PAJAMA DAY	CHRISTMAS BREAK

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 5- December 26th December 30th 2022

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	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
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	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Snack: 3 – 5 and Infants Serve 2 components Vegetable or fruit; 1/2 cup Grain: 1/2 serving Meat/meat alternate: 1/2 oz	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	CHRISTMAS BREAK	CHRISTMAS BREAK	CHRISTMAS BREAK	CHRISTMAS BREAK	CHRISTMAS BREAK

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.