

# Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 1 November 29<sup>th</sup> -December 3<sup>rd</sup> 2021

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Breakfast:</b> <b>3 - 5</b> Grain: 1/2 serving Fruit or vegetable: 1/2 cup 1% or nonfat Milk: 3/4 cup</p> <p><b>Infants</b> Grains: 1/2 serving Fruit or vegetable: 1/4 cup Milk: 1/2 cup</p>	<p><b>Biscuits &amp; Sausage Gravy</b> <b>Turkey Sausage</b> <b>Orange Slices</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Cream of Wheat</b> <b>Canadian Bacon</b> <b>Peaches</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>English Muffin</b> <b>Turkey Sausage</b> <b>Cheddar Cheese</b> <b>Mandarin Oranges</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Scrambled Eggs</b> <b>Canadian Bacon</b> <b>WGR Toast</b> <b>Applesauce</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Crepes</b> <b>Cheese Sticks</b> <b>Mixed Fruit</b></p> <p style="text-align: center;"><b>Milk</b></p>
<p><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</p> <p><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</p>	<p><b>Chicken Casserole</b> <b>WGR Stuffing</b> <b>Garlic Chicken</b> <b>Mushroom Soup</b> <b>Green Beans</b> <b>Blueberries</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Beef Taco Salad</b> <b>Shredded Lettuce</b> <b>Shredded Cheese</b> <b>Sour Cream</b> <b>Salsa</b> <b>WGR Tortillas</b> <b>Mango</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Ham &amp; Cheese Sliders</b> <b>WGR Buns</b> <b>Sweet Potato Tots</b> <b>Apple Slices</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Hamburger Soup</b> <b>w/Potatoes, Green</b> <b>Beans, Carrots</b> <b>Corn</b> <b>WGR Roll</b> <b>Strawberries</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Beef Sloppy Joes</b> <b>WGR Bun</b> <b>Tatar Tots</b> <b>Orange Slices</b></p> <p style="text-align: center;"><b>Milk</b></p>
<p><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</p>	<p><b>Naan Bread</b> <b>Cheese Sauce</b> <b>Celery Sticks</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Banana Wraps</b> <b>W/Sun Butter</b> <b>WGR Tortillas</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Oyster Crackers</b> <b>Carrot Sticks</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Graham Crackers</b> <b>Pears</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Banana Bread</b> <b>Blueberries</b></p> <p style="text-align: center;"><b>Water</b></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 December 6<sup>th</sup> – December 10<sup>th</sup> 2021

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Breakfast:</b> <b>3 - 5</b> Grain: 1/2 serving Fruit or vegetable: 1/2 cup 1% or nonfat Milk, 3/4 cup</p> <p><b>Infants</b> Grains: 1/2 serving Fruit or vegetable: 1/4 cup Milk: 1/2 cup</p>	<p><b>WGR Life Cereal</b> <b>Turkey Sausage</b> <b>Bananas</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Yogurt</b> <b>Blueberries</b> <b>WGR Granola</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Apple &amp; Cinnamon</b> <b>Oatmeal</b> <b>WGR Toast</b> <b>Canadian Bacon</b> <b>Bananas</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Chex Cereal</b> <b>String Cheese</b> <b>Orange Slices</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>WGR Dutch Waffles</b> <b>Hard Boiled Eggs</b> <b>Strawberries</b></p> <p style="text-align: center;"><b>Milk</b></p>
<p><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</p> <p><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</p>	<p><b>Chicken Pot Pie</b> <b>Garlic Chicken</b> <b>Pie Crust</b> <b>Cream of Chicken Soup</b> <b>Peas &amp; Carrots</b> <b>Green Salad</b> <b>Apple Slices</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Fish Sticks</b> <b>Tatar Tots</b> <b>WGR Crackers</b> <b>Mangoes</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Pesto Chicken Sliders</b> <b>WGR Roll</b> <b>Provolone Cheese</b> <b>Green Beans</b> <b>Applesauce</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Beef Goulash</b> <b>WGR Macaroni Noodles</b> <b>Corn</b> <b>Garlic Bread</b> <b>Raspberries</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Turkey &amp; Cheese</b> <b>Sandwiches</b> <b>WGR Bread</b> <b>Celery Sticks</b> <b>Pineapple</b></p> <p style="text-align: center;"><b>Milk</b></p>
<p><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</p>	<p><b>Animal Crackers</b> <b>Tropical Fruit</b> <b>Pineapple, Papaya,</b> <b>Guava, Passion Fruit</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>String Cheese</b> <b>Broccoli</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Graham Crackers</b> <b>Honey Dew</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Carrot Sticks</b> <b>WGR Goldfish</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Cereal Mix</b> <b>Sliced Apples</b></p> <p style="text-align: center;"><b>Water</b></p>
					<b>Full School Day</b>

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# Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 3 December 13<sup>th</sup> – December 17<sup>th</sup> 2021

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>Cheerios</b> <b>Turkey Sausage</b> <b>Banana</b>  <b>Milk</b>	<b>Breakfast Sandwiches</b> <b>English Muffin</b> <b>Canadian Bacon</b> <b>Cheddar Cheese</b> <b>Blueberries</b>  <b>Milk</b>	<b>Scrambled Eggs</b> <b>W/ Salsa</b> <b>Cheese</b> <b>WGR Tortilla</b> <b>Cantaloupe</b>  <b>Milk</b>	<b>WGR Toast</b> <b>Hard Boiled Eggs</b> <b>Raspberries</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: 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>WGR Mac &amp; Cheese</b> <b>Garlic Bread</b> <b>Peas &amp; Carrots</b> <b>Blackberries</b>  <b>Milk</b>	<b>Chicken Strips</b> <b>Roasted Red Potatoes</b> <b>WGR Roll</b> <b>Mandarin Oranges</b>  <b>Milk</b>	<b>Swedish Beef Meatballs</b> <b>WGR</b> <b>Green Salad</b> <b>Apple Slices</b>  <b>Milk</b>	<b>Ham Sandwich</b> <b>WGR Bread</b> <b>Colby Jack Cheese</b> <b>Celery Sticks</b> <b>Peaches</b>  <b>Milk</b>	<b>Beef Spaghetti</b> <b>WGR Spaghetti Pasta</b> <b>Marinara</b> <b>Garlic Bread</b> <b>Peas</b> <b>Honey Dew</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>Cauliflower</b> <b>WGR Crackers</b>  <b>Water</b>	<b>WGR Graham Crackers</b> <b>Applesauce</b>  <b>Water</b>	<b>Zucchini Sticks</b> <b>Soft Pretzels</b>  <b>Water</b>	<b>Yogurt</b> <b>Strawberries</b>  <b>Water</b>	<b>Cheese It's</b> <b>Bananas</b>  <b>Water</b>

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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 4 December 20<sup>th</sup> – December 24<sup>th</sup> 2021

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 Oatmeal</b> <b>Turkey Sausage</b> <b>Bananas</b>  Milk	<b>Sausage Bites</b> <b>Sausage Crumbles</b> <b>Bisquick</b> <b>Shredded Cheese</b> <b>Orange Slices</b>  Milk	CLOSED	CLOSED	CLOSED
<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 Taco Soup</b> <b>Black Beans, Chili</b> <b>Beans, Corn, Ranch</b> <b>Mix, Cheese</b> <b>Green Salad</b> <b>WGR Tortilla</b> <b>Apple Slices</b>  Milk	<b>Ham &amp; Cheese Sliders</b> <b>WGR Buns</b> <b>Colby Jack Cheese</b> <b>Carrot Sticks</b> <b>Canned Peaches</b>  Milk	CLOSED	CLOSED	CLOSED
<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>Cheese Sauce</b> <b>Naan Bread</b> <b>Cauliflower</b>  Water	<b>Soft Pretzels</b> <b>Broccoli</b>  Water	CLOSED	CLOSED	CLOSED

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## Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 5- December 27<sup>th</sup> -December 31<sup>st</sup> 2021

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	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
<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	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
<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	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

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