

# Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 1 October 18<sup>th</sup> -October -22<sup>nd</sup> 2021

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Breakfast:</b> <b>3 - 5</b> Grain: 1/2 serving Fruit or vegetable: ½ cup 1% or nonfat Milk: ¼ cup</p> <p><b>Infants</b> Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup</p>	<p><b>WGR Life Cereal</b> <b>Hard Boiled Eggs</b> <b>Bananas</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Potatoes Bowls</b> <b>W/Eggs, Cheese</b> <b>Sausage Crumbles</b> <b>WGR Toast</b> <b>Blackberries</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>WGR English Muffin</b> <b>Hardboiled Egg</b> <b>Orange Slices</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Yogurt</b> <b>WGR Granola</b> <b>Raspberries</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>WGR French Toast</b> <b>Turkey Sausage</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: ½ 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: ½ serving Vegetable and/or fruit (2 or more, ¼ cup each) Milk: ½ cup</p>	<p><b>Spaghetti Beef</b> <b>Marinara Sauce</b> <b>WGR Noodles</b> <b>Green Salad</b> <b>Garlic Bread</b> <b>Mandarin Oranges</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Cheese Tortellini</b> <b>Chicken Soup</b> <b>W/Spinach</b> <b>WGR Rolls</b> <b>Carrots</b> <b>Pineapple</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Tuna Fish Sandwich</b> <b>WGR Bread</b> <b>Cucumbers</b> <b>Apple Sauce</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Chicken Salad</b> <b>Green Salad</b> <b>Mozzarella Cheese</b> <b>Oyster Crackers</b> <b>Mango</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Ham &amp; Cheese</b> <b>WGR Slider Buns</b> <b>Tater Tots</b> <b>Apple 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; ½ cup Grain: ½ serving Meat/meat alternate: ½ oz</p>	<p><b>Yogurt</b> <b>Blueberries</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>WGR Crackers</b> <b>Apple Slices</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Pita Bread</b> <b>Celery Sticks</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>WGR Banana Wraps</b> <b>WGR Tortilla</b> <b>Sun Butter</b> <b>Bananas</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>WGR Soft Pretzels</b> <b>Cheddar Cheese Sauce</b> <b>Cauliflower</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 October 25<sup>th</sup> – October 29<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: ½ cup 1% or nonfat Milk: ¾ cup</p> <p><b>Infants</b> Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup</p>	<p><b>WG Rice Chex</b> <b>Turkey Sausage</b> <b>Sliced Oranges</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>WGR Dutch Waffles</b> <b>Canadian Bacon</b> <b>Strawberries</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Cream Of Wheat</b> <b>Hardboiled Egg</b> <b>Bananas</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Scrambled Eggs</b> <b>W/ Colby Jack Cheese</b> <b>Biscuits</b> <b>Pears</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Blueberry Muffin</b> <b>Yogurt</b> <b>Blueberries</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: ½ 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: ½ serving Vegetable and/or fruit (2 or more, ¼ cup each) Milk: ½ cup</p>	<p><b>Sweet &amp; Sour</b> <b>Beef Meatballs</b> <b>Brown Rice</b> <b>Peas</b> <b>Cantaloupe</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Chicken Alfredo</b> <b>W/ Pesto</b> <b>WGR Fettuccini Noodle</b> <b>Caesar Salad</b> <b>Garlic Bread</b> <b>Mandarin Oranges</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Beef Meatloaf</b> <b>Mashed Potatoes</b> <b>Brown Gravy</b> <b>WGR Roll</b> <b>Raspberries</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Taco Salad</b> <b>W/ Ground Turkey</b> <b>Lettuce</b> <b>Cheddar Cheese</b> <b>Salsa, Sour Cream</b> <b>WGR Tortilla</b> <b>Pineapple</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>WGR Flat Bread Pizza</b> <b>Sausage Crumbles</b> <b>Marinara Sauce</b> <b>Mozzarella Cheese</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; ½ cup Grain: ½ serving Meat/meat alternate: ½ 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>WGR Soft Pretzels</b> <b>Cream Cheese</b> <b>Blueberries</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Graham Crackers</b> <b>Apple Slices</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Cereal Mix</b> <b>Carrot Sticks</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Banana Bread</b> <b>Applesauce</b></p> <p style="text-align: center;"><b>Water</b></p>

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# Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 3 November 1<sup>st</sup> - November 5<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: ½ cup 1% or nonfat Milk: ¼ cup</p> <p><b>Infants</b> Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup</p>	<p><b>Rice Crispy Cereal</b> <b>Canadian Bacon</b> <b>Sliced Apples</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Blueberry Muffins</b> <b>String Cheese</b> <b>Blueberries</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Sausage &amp; Cheese</b> <b>Scones</b> <b>Orange Slices</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Scramble Eggs</b> <b>WGR Toast</b> <b>Canned Peaches</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Sausage Biscuit Bites</b> <b>W/Shredded Cheese</b> <b>Sausage Crumbles</b> <b>Cantaloupe</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: ½ 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: ½ serving Vegetable and/or fruit (2 or more, ¼ cup each) Milk: ½ cup</p>	<p><b>Tater Tot Casserole</b> <b>W/ Beef</b> <b>Cream Of Mushroom</b> <b>Peas &amp; Carrots</b> <b>WGR Rolls</b> <b>Honey Dew</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Mac &amp; Cheese</b> <b>WGR Noodles</b> <b>Green Salad</b> <b>Raspberries</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Beef Stew</b> <b>W/ Potatoes</b> <b>Corn &amp; Peas &amp; Carrots</b> <b>WGR Roll</b> <b>Blackberries</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Chef Salad</b> <b>Green Salad Mix</b> <b>Turkey &amp; Ham</b> <b>Cheddar Cheese</b> <b>Diced eggs</b> <b>Oyster Crackers</b> <b>Strawberries</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Hamburger Soup</b> <b>Red Potatoes</b> <b>Celery Carrots</b> <b>Corn</b> <b>WGR Roll</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; ½ cup Grain: ½ serving Meat/meat alternate: ½ oz</p>	<p><b>Cauliflower</b> <b>WGR Crackers</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Yogurt</b> <b>Mangos</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>WGR Goldfish Crackers</b> <b>Carrot Sticks</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>String Cheese</b> <b>Celery Sticks</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Graham 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>

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## Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 4 November 8<sup>th</sup> – November 12<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: ½ cup 1% or nonfat Milk: ¾ cup</p> <p><b>Infants</b> Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup</p>	<p><b>Crispix Cereal</b> <b>Turkey Sausage</b> <b>Banana</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Sausage Gravy</b> <b>WGR Biscuit</b> <b>Scrambled Eggs</b> <b>Peaches</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Oatmeal</b> <b>Canadian Bacon</b> <b>Applesauce</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>CLOSED</b></p>	<p><b>Pancakes</b> <b>Turkey Sausage</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: ½ 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: ½ serving Vegetable and/or fruit (2 or more, ¼ cup each) Milk: ½ cup</p>	<p><b>Chicken Pesto Sliders</b> <b>WGR Roll</b> <b>Carrot Sticks</b> <b>Orange Slices</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>WGR Tortilla</b> <b>Apple Slices</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Beef Stroganoff</b> <b>Egg Noodles</b> <b>Cream Of Mushroom</b> <b>Soup</b> <b>Green Peas</b> <b>WGR Pita Bread</b> <b>Canned Pears</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>VETERANS</b> <b>DAY</b></p>	<p><b>Chicken Bowl</b> <b>Mashed Potatoes</b> <b>Brown Gravy</b> <b>Shredded Cheese</b> <b>Corn</b> <b>WGR Roll</b> <b>Honey Dew</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; ½ cup Grain: ½ serving Meat/meat alternate: ½ oz</p>	<p><b>Spinach Dip</b> <b>Naan Bread</b> <b>Sliced Zucchini</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Sun Butter</b> <b>Celery Sticks</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>WGR Goldfish</b> <b>Crackers</b> <b>Broccoli</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>CLOSED</b></p>	<p><b>Banana Wraps</b> <b>Sun Butter</b> <b>WGR Tortilla</b></p> <p style="text-align: center;"><b>Water</b></p>

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# Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 5 November 14<sup>th</sup> -18<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: ½ cup 1% or nonfat Milk: ¾ cup</p> <p><b>Infants</b> Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup</p>	<p><b>WGR Cheerios</b> <b>Hard Boiled Eggs</b> <b>Orange Slices</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Yogurt</b> <b>WGR Granola</b> <b>Strawberries</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>WGR Bagel</b> <b>Cream Cheese</b> <b>Turkey Sausage</b> <b>Blueberries</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Oatmeal</b> <b>Hard boiled Eggs</b> <b>Applesauce</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>WGR Banana</b> <b>Cinnamon Muffin</b> <b>String Cheese</b> <b>Orange Slices</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: ½ 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: ½ serving Vegetable and/or fruit (2 or more, ¼ cup each) Milk: ½ cup</p>	<p><b>Beef Enchilada</b> <b>Casserole</b> <b>WGR Tortilla ,Cheese</b> <b>Enchilada Sauce</b> <b>Corn</b> <b>Mango</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Baked Chicken Thighs</b> <b>Roasted Red Potatoes</b> <b>WGR Roll</b> <b>Tropical Fruit</b> <b>Pineapple, Papaya,</b> <b>Guava, Passion Fruit</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>WGR English Muffin</b> <b>Sausage Pizza</b></p> <p><b>Mozzarella</b> <b>Green Salad</b> <b>Mandarin Oranges</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Chicken Soup</b> <b>Potatoes</b> <b>Corn, Peas</b> <b>Carrots</b> <b>WGR Roll</b> <b>Blackberries</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Pork Fried Rice</b> <b>WGR Brown Rice</b> <b>Snap Peas</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; ½ cup Grain: ½ serving Meat/meat alternate: ½ oz</p>	<p><b>WGR Goldfish</b> <b>Crackers</b> <b>Peaches</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Cheese Sticks</b> <b>Apple Slices</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Soft Pretzels</b> <b>Carrot Sticks</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Banana Bread</b> <b>Canned Pears</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>WGR Crackers</b> <b>Broccoli</b></p> <p style="text-align: center;"><b>Water</b></p>

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# Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 6 November 22nd – November 26<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: ½ cup 1% or nonfat Milk: ¾ cup</p> <p><b>Infants</b> Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup</p>	<p><b>WGR Life Cereal</b> <b>Canadian Bacon</b> <b>Applesauce</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Oatmeal</b> <b>Turkey Sausage</b> <b>Blueberries</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Cream of Wheat</b> <b>Hard Boiled Eggs</b> <b>Banana</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>CLOSED</b></p>	<p><b>CLOSED</b></p>
<p><b>Lunch:</b> <b>3 - 5</b> 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><b>Infants</b> Meat/meat alternate: 1 oz Grain: ½ serving Vegetable and/or fruit (2 or more, ¼ cup each) Milk: ½ cup</p>	<p><b>Chicken Pot Pie</b> <b>Peas and Carrots</b> <b>Diced Potatoes</b> <b>Cream of Chicken</b> <b>Soup</b> <b>Pie Crust</b> <b>WGR Roll</b> <b>Blackberries</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Beef and Barley soup</b> <b>w/Peas &amp; Carrots</b> <b>Broccoli</b> <b>WGR Crackers</b> <b>Peaches</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Indian Tacos</b> <b>Fry bread, Beef Chili,</b> <b>Lettuce, Tomatoes,</b> <b>Cheddar Cheese,</b> <b>Sour Cream, Salsa</b> <b>Applesauce</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>GRATITUDE</b> <b>DAY</b></p>	<p><b>TULALIP</b> <b>DAY</b></p>
<p><b>Snack:</b> <b>3 – 5 and Infants</b> Serve 2 components Vegetable or fruit; ½ cup Grain: ½ serving Meat/meat alternate: ½ oz</p>	<p><b>Soft WGR Pretzels</b> <b>Apples</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Naan Bread</b> <b>Broccoli</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>WGR Goldfish Crackers</b> <b>Snap Peas</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>CLOSED</b></p>	<p><b>CLOSED</b></p>

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