

Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 1 October 2nd October 6th 2023

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	WGR Life Cereal Turkey Sausage Bananas Milk	Hash Brown Patty Hard Boiled Eggs WGR Toast Peaches Milk	WGR English Muffin Canadian Bacon Orange Slices Milk	Yogurt WGR Granola Raspberries Milk	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	Fried Rice w/Ham Peas and Carrots Snap Peas Pineapple Milk	Chicken Caesar Salad Romaine Lettuce Parmesan Cheese Bread Sticks Mango Infant rooms – peas instead of lettuce Milk	Tuna Fish Sandwich WGR Bread Cucumbers Apple Sauce Milk	Cheeseburger Sliders WGR Bun Tatar Tots Mixed Fruit Milk	ACADEMY 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	Yogurt Blueberries Water	WGR Crackers Apple Slices Water	Pita Bread Celery Sticks Water	WGR Banana Wraps WGR Tortilla Sun Butter Bananas Water	CLOSED
	Preschool Pictures	Preschool Pictures	Preschool Pictures		Staff Training

Food 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 October 9th –October 13th 2023

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	CLOSED	WGR Life Cereal Turkey Sausage Banana Milk	WGR Dutch Waffles Canadian Bacon Strawberries Milk	Scrambled Eggs W/ Colby Jack Cheese Biscuits Pears Milk	Blueberry Muffin Yogurt Blueberries 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, ¾ cup Infants Meat/meat alternate: 1 oz Grain: ½ serving Vegetable and/or fruit (2 or more, ¼ cup each) Milk: ½ cup	ACADEMY CLOSED	Chicken Alfredo WGR Fettuccini Noodle Green Salad Garlic Bread Honey Dew Milk	Beef Meatloaf Mashed Potatoes Brown Gravy WGR Roll Raspberries Milk	Beef Taco Salad Lettuce Cheddar Cheese Salsa, Sour Cream WGR Tortilla Pineapple Milk	WGR Flat Bread Pizza Sausage Crumbles Marinara Sauce Mozzarella Cheese Cucumber Slices Orange Slices Milk
Snack: 3 – 5 and Infants Serve 2 components Vegetable or fruit; ½ cup Grain: ½ serving Meat/meat alternate: ½ oz	CLOSED	WGR Soft Pretzels Cream Cheese Blueberries Water	Graham Crackers Apple Slices Water	Cereal Mix Carrot Sticks Water	Banana Bread Applesauce Water
	Indigenous People Day				Child Care Only

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Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 3 October 16th October 20th 2023

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	Rice Crispy Cereal Canadian Bacon Banana Milk	Biscuits and Sausage Gravy Turkey Sausage Cantaloupe Milk	Ham & Cheese Scones Orange Slices Milk	Scramble Eggs Sausage Crumbles WGR Toast Peaches Milk	Blueberry Muffins String Cheese Blueberries 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	Beef Tater Tot Casserole Peas & Carrots WGR Rolls Honey Dew Milk	Mac & Cheese WGR Noodles Garlic Bread Green Salad Raspberries Milk	Beef Stew W/ Potatoes Corn & Celery & Carrots WGR Roll Apple Sauce Milk	Chef Salad Romaine Lettuce Turkey & Ham Cheddar Cheese Diced Eggs Oyster Crackers Apple Slices Milk	Beef Spaghetti WGR Noodles Corn Garlic Toast 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	WGR Cracker Cauliflower Water	Yogurt Mangos Water	WGR Goldfish Crackers Carrot Sticks Water	String Cheese Celery Sticks Water	Graham Crackers Strawberry/Banana Smoothies Water
			Parent Committee	Policy Council	Childcare Only

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Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 4 October 23rd October 27th 2023

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 Crispix Cereal Turkey Sausage Banana Milk	French Toast Sticks Canadian Bacon Peaches Milk	Scrambled Eggs & Cheese WG English Muffins Applesauce Milk	Biscuits and Sausage Gravy Turkey Sausage 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	Chicken Sliders Colby Jack Cheese WGR Roll Sliced Zucchini Orange Slices Milk	Beef Tacos w/ Lettuce & Cheese Sour Cream WGR Tortilla Corn Apple Slices Milk	Fish Sticks Sweet Potato Tots Bread Sticks Pears Milk	Beef Stroganoff Egg Noodles Mushroom Soup Green Beans WGR Pita Bread Applesauce Milk	Pumpkin Extravaganza 9:30 – 11:30
Snack: 3 – 5 and Infants Serve 2 components Vegetable or fruit; ½ cup Grain: ½ serving Meat/meat alternate: ½ oz	Spinach Dip Naan Bread Baby Carrots Water	Sun Butter Celery Sticks Water	WGR Goldfish Crackers Bananas Water	Graham Crackers Cauliflower Water	Academy Closed
					Pumpkin Extravaganza 9:30 – 11:30

Foods containing peanuts will not be served. Allergy substitution requires medical documentation.

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