

Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 1 Sept 30th October 4th 2024

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: 1/4 cup</p> <p>Infants Grains: 1/2 serving Fruit or vegetable: 1/4 cup Milk: 1/2 cup</p>	<p>WGR Toast Salmon Hash Banana</p> <p style="text-align: center;">Milk</p>	<p>Hash Brown Patty Hard Boiled Eggs WGR Toast Peaches</p> <p style="text-align: center;">Milk</p>	<p>WGR English Muffin Canadian Bacon Orange Slices</p> <p style="text-align: center;">Milk</p>	<p>Yogurt WGR Granola Raspberries</p> <p style="text-align: center;">Milk</p>	<p>Pancakes Blueberries</p> <p style="text-align: center;">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>Fried Rice w/Ham Peas and Carrots Snap Peas Pineapple</p> <p style="text-align: center;">Milk</p>	<p>Chicken Noodle Soup Celery& Carrots WGR Pasta WGR Roll Mango</p> <p style="text-align: center;">Milk</p>	<p>Tuna Fish Sandwich WGR Bread Cucumbers Apple Sauce</p> <p style="text-align: center;">Milk</p>	<p>Cheeseburger Sliders WGR Bun Tatar Tots Mixed Fruit</p> <p style="text-align: center;">Milk</p>	<p>Warm WGR Tortilla Chicken Fajita (Bell Peppers and onions) Corn</p> <p style="text-align: center;">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>Yogurt Blueberries</p> <p style="text-align: center;">Water</p>	<p>WGR Crackers Apple Slices</p> <p style="text-align: center;">Water</p>	<p>Pita Bread Celery Sticks</p> <p style="text-align: center;">Water</p>	<p>WGR Banana Wraps WGR Tortilla Sun Butter Bananas</p> <p style="text-align: center;">Water</p>	<p>WGR Pretzels Cheese Sauce Broccoli</p> <p style="text-align: center;">Water</p>

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.

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Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 2 October 7th –October 11th 2024

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>Oatmeal WGR Toast Banana</p> <p>Milk</p>	<p>WGR French Toast Sticks Turkey Sausage Applesauce</p> <p>Milk</p>	<p>WGR Dutch Waffles Canadian Bacon Strawberries</p> <p>Milk</p>	<p>Scrambled Eggs W/ Colby Jack Cheese Biscuits Pears</p> <p>Milk</p>	<p>Warm Tortilla Eggs Bacon Blueberries</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>Fish Sticks Tater Tots Naan Bread Tropical Fruit</p> <p>Milk</p>	<p>Chicken Alfredo WGR Fettuccini Noodle Green Salad Garlic Bread Honey Dew</p> <p>Milk</p>	<p>Beef Meatloaf Mashed Potatoes Brown Gravy WGR Roll Raspberries</p> <p>Milk</p>	<p>Beef Taco Lettuce Cheddar Cheese Salsa, Sour Cream WGR Tortilla Pineapple</p> <p>Milk</p>	<p>WGR Flat Bread Pizza Sausage Crumbles Marinara Sauce Mozzarella Cheese Cucumber Slices Orange Slices</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>Goldfish Carrot Sticks Ranch Dressing</p> <p>Water</p>	<p>Smoked Salmon Crackers Cream Cheese Blueberries</p> <p>Water</p>	<p>Graham Crackers Apple Slices</p> <p>Water</p>	<p>Banana Bread Carrot Sticks</p> <p>Water</p>	<p>Cereal Mix Applesauce</p> <p>Water</p>
					Child Care Only

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Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 3 October 14th October 18th 2024

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>	CLOSED	Rice Krispy Cereal Canadian Bacon Banana	Biscuits & Sausage Gravy Turkey Sausage Cantaloupe	Scramble Eggs Sausage Crumbles WGR Toast Peaches	Blueberry Muffins String Cheese Blueberries
		Milk	Milk	Milk	Milk
<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>	CLOSED	Mac & Cheese WGR Noodles Green Salad Raspberries	Beef Stew W/ Potatoes Corn & Celery & Carrots WGR Roll Applesauce	Chicken Nuggets French Fries WGR Bread Sticks Apple Slices	Ground Turkey Spaghetti WGR Noodles Corn Garlic Toast Pineapple
		Milk	Milk	Milk	Milk
<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>	Indigenous Peoples Day	Yogurt Mangos	WGR Goldfish Crackers Carrot Sticks	String Cheese Celery Sticks	Graham Crackers Strawberry/Banana Smoothies
		Water	Water	Water	Water
			Parent Committee	Policy Council	Childcare Only

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Menu Cycle Week 4 October 21st October 25th 2024

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 Toast Turkey Sausage Banana</p> <p>Milk</p>	<p>French Toast Sticks Canadian Bacon Orange Slices</p> <p>Milk</p>	<p>Scrambled Eggs & Cheese WG English Muffins Apple Slices</p> <p>Milk</p>	<p>Biscuits and Sausage Gravy Turkey Sausage Raspberries</p> <p>Milk</p>	<p>Academy Closed</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>Chicken Sliders Colby Jack Cheese Mini Buns Sliced Zucchini Peaches</p> <p>Milk</p>	<p>Beef Tacos w/ Lettuce & Cheese Sour Cream WGR Tortilla Corn Applesauce</p> <p>Milk</p>	<p>Fish Sticks Sweet Potato Tots Bread Sticks Pears</p> <p>Milk</p>	<p>Beef Stroganoff Egg Noodles Mushroom Soup Green Beans Applesauce</p> <p>Milk</p>	<p>Pumpkin Extravaganza 1:00 – 4:00</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>Spinach Dip Naan Bread Baby Carrots</p> <p>Water</p>	<p>Sun Butter Celery Sticks</p> <p>Water</p>	<p>WGR Goldfish Crackers Bananas</p> <p>Water</p>	<p>Graham Crackers Cauliflower</p> <p>Water</p>	<p>Academy Closed</p>
	B-3 Picture Day	B-3 Picture Day	B-3 Picture Day		

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