

# Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 4 October 24<sup>th</sup> October 28<sup>th</sup> 2022

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: 1/4 cup</p> <p><b>Infants</b> Grains: 1/2 serving Fruit or vegetable: 1/4 cup Milk: 1/2 cup</p>	<p><b>WGR Crispix Cereal</b> <b>Turkey Sausage</b> <b>Banana</b></p> <p><b>Milk</b></p>	<p><b>French Toast Sticks</b> <b>Canadian Bacon</b> <b>Peaches</b></p> <p><b>Milk</b></p>	<p><b>WGR Oatmeal</b> <b>Beef Patties</b> <b>Applesauce</b></p> <p><b>Milk</b></p>	<p><b>Biscuits and Sausage</b> <b>Gravy</b> <b>Turkey Sausage</b> <b>Raspberries</b></p> <p><b>Milk</b></p>	<p><b>Pancakes</b> <b>Hard Boiled Eggs</b> <b>Mixed Fruit</b></p> <p><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 Sliders</b> <b>Colby Jack Cheese</b> <b>WGR Roll</b> <b>Carrot Sticks</b> <b>Orange Slices</b></p> <p><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><b>Milk</b></p>	<p><b>Fish Sticks</b> <b>Tater Tots</b> <b>Bread Sticks</b> <b>Pears</b></p> <p><b>Milk</b></p>	<p><b>Beef Stroganoff</b> <b>Egg Noodles</b> <b>Mushroom Soup</b> <b>Green Peas</b> <b>WGR Pita Bread</b> <b>Applesauce</b></p> <p><b>Milk</b></p>	<p><b>Chicken Bowl</b> <b>Mashed Potatoes</b> <b>Brown Gravy</b> <b>Corn</b> <b>WGR Roll</b> <b>Honey Dew</b></p> <p><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>Spinach Dip</b> <b>Naan Bread</b> <b>Sliced Zucchini</b></p> <p><b>Water</b></p>	<p><b>Sun Butter</b> <b>Celery Sticks</b></p> <p><b>Water</b></p>	<p><b>WGR Goldfish</b> <b>Crackers</b> <b>Broccoli</b></p> <p><b>Water</b></p>	<p><b>Cheese Sauce</b> <b>Naan Bread</b> <b>Cauliflower</b></p> <p><b>Water</b></p>	<p><b>Banana Wraps</b> <b>Sun Butter</b> <b>WGR Tortilla</b></p> <p><b>Water</b></p>
					<p><b>Enrichment Day</b> <b>Pumpkin Extravaganza</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.

**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 1 October 31<sup>st</sup> – November 4<sup>th</sup> 2022

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 Kix Cereal</b> <b>Turkey Sausage</b> <b>Banana</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>WGR Oatmeal</b> <b>Canadian Bacon</b> <b>Peaches</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>French Toast Sticks</b> <b>Beef Patties</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>Pancakes</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 Stuffing</b> <b>Casserole</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 Bread</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</b> <b>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>Honey Dew</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>
					<p><b>Child Care Only</b> <b>Family Costume Ball</b> <b>6 – 8 PM</b></p>

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# Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 2 November 7<sup>th</sup> –November 11<sup>th</sup> 2022

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>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>WGR Waffles</b> <b>Canadian Bacon</b> <b>Applesauce</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>	CLOSED
<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>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>Bread Sticks</b> <b>Mangoes</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Chicken Sliders</b> <b>WGR Bun</b> <b>Provolone Cheese</b> <b>Green Beans</b> <b>Peaches</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>	CLOSED
<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>Peach/Mango</b> <b>Smoothie</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>WGR Goldfish</b> <b>Carrot Sticks</b></p> <p style="text-align: center;"><b>Water</b></p>	CLOSED
					<b>Veteran's Day</b>

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# Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 3 November 14<sup>th</sup> – November 18<sup>th</sup> 2022

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

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# Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 4 November 21<sup>st</sup> –November 25<sup>th</sup> 2022

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 Cheerios</b> <b>Turkey Sausage</b> <b>Bananas</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>WGR Dutch Waffles</b> <b>Canadian Bacon</b> <b>Orange Slices</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>WGR French Toast</b> <b>Sticks</b> <b>Turkey Sausage</b> <b>Peaches</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>Beef Chili</b> <b>Green Salad</b> <b>WGR Tortilla</b> <b>Apple Slices</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Ham &amp; Cheese Sliders</b> <b>WGR Slider Buns</b> <b>Colby Jack Cheese</b> <b>Carrot Sticks</b> <b>Canned Peaches</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>FAMILY FEAST</b> <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>CLOSED</b></p>	<p><b>CLOSED</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>Cheese Sauce</b> <b>Naan bread</b> <b>Cauliflower</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Soft Pretzels</b> <b>Broccoli</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Graham Crackers</b> <b>Strawberry/Banana</b> <b>Smoothie</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>CLOSED</b></p>	<p><b>CLOSED</b></p>
	<p><b>Conferences</b> <b>Early Release/PMCC</b></p>	<p><b>Conferences</b> <b>Early Release/PM CC</b></p>	<p><b>Conferences</b> <b>Early Release/ PM CC</b></p>	<p><b>Gratitude Day</b></p>	<p><b>Tulalip Day</b></p>

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