

Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 1 September 5th- September 9th 2022

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>	CLOSED	SLOW START DAY CLOSED	<p>WGR Life Cereal Turkey Sausage Banana</p> <p style="text-align: center;">Milk</p>	<p>WGR English Muffin Sandwich Egg Patty Cheddar Cheese Applesauce</p> <p style="text-align: center;">Milk</p>	<p>WGR Pancakes Canadian Bacon Mixed Fruit</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>	CLOSED	CLOSED	<p>Ham & Cheese Sliders WGR Bun Tater Tots Orange Slices</p> <p style="text-align: center;">Milk</p>	<p>Turkey Pinwheels WGR Garlic Herb Tortilla Provolone Cheese Cucumbers Cantaloupe</p> <p style="text-align: center;">Milk</p>	<p>Chicken Nuggets WGR Mac & Cheese Peas Apple Slices</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>	CLOSED	CLOSED	<p>Cheese Crackers Cauliflower</p> <p style="text-align: center;">Water</p>	<p>WGR Cereal Mix Strawberry/Banana Smoothies</p> <p style="text-align: center;">Water</p>	<p>WGR Goldfish Broccoli</p> <p style="text-align: center;">Water</p>
	Labor Day	Slow Start	First Day of School		Child Care Only

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 2 September 12th – September 16th 2022

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>WGR Kix Cereal Canadian Bacon Banana</p> <p>Milk</p>	<p>WGR Biscuits Pork Gravy Turkey Sausage Orange Slices</p> <p>Milk</p>	<p>Scrambled Eggs Cheese WGR Toast Peaches</p> <p>Milk</p>	<p>WGR Bagel Cream Cheese Hard Boiled Egg Blackberries</p> <p>Milk</p>	<p>WGR Dutch Waffles Turkey Sausage Strawberries</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>Chicken Yakisoba WGR Noodles w/ Broccoli/Carrots Snap Peas Mandarin Oranges</p> <p>Milk</p>	<p>Beef Tater Tot Casserole Green Beans WGR Roll Blueberries</p> <p>Milk</p>	<p>Turkey & Cheese Sandwich WGR Bread Green Salad Cantaloupe</p> <p>Milk</p>	<p>Beef Goulash WGR Macaroni Noodles Garlic Bread Corn Mango</p> <p>Milk</p>	<p>Fish Sticks Hash Brown Patty Bread Sticks Watermelon</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>Naan Bread Cheese Sauce Celery Sticks</p> <p>Water</p>	<p>Graham Crackers Applesauce</p> <p>Water</p>	<p>Cheese Crackers Banana</p> <p>Water</p>	<p>WGR Goldfish Carrot Sticks</p> <p>Water</p>	<p>Cereal Mix Sliced Apples</p> <p>Water</p>
					Enrichment Day

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Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 3 September 19th – September 23rd 2022

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast: 3 - 5 Grain: 1/2 serving Fruit or vegetable: ½ cup 1% or nonfat Milk: ¼ cup</p> <p>Infants Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup</p>	<p>WGR Life Cereal Turkey Sausage Banana</p> <p>Milk</p>	<p>French Toast Sticks Canadian Bacon Peaches</p> <p>Milk</p>	<p>WGR Mini Wheat Cereal Beef Patty Orange Slices</p> <p>Milk</p>	<p>Yogurt WGR Granola Blueberries</p> <p>Milk</p>	<p>WGR Bagel Cream Cheese Turkey Sausage Mixed Fruit</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>Cheeseburger Sliders WGR Bun Tatar Tots Honey Dew</p> <p>Milk</p>	<p>Tuna Fish Sandwich WGR Bread Green Salad Cantaloupe</p> <p>Milk</p>	<p>BBQ Chicken Baked Beans Cornbread Corn Applesauce</p> <p>Milk</p>	<p>Baked Beef Ravioli Marinara Sauce Mozzarella Cheese WGR Breadsticks Peas and Carrots Pineapple</p> <p>Milk</p>	<p>Pork Fried Rice White Rice Peas and Carrots Snap Peas Mandarin Oranges</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>WGR Graham Crackers Apple Slices</p> <p>Water</p>	<p>WGR Soft Pretzels Cheese Sauce Cauliflower</p> <p>Water</p>	<p>Cheese Sticks Sweet Potato Tots</p> <p>Water</p>	<p>Animal Crackers Peach/Mango Smoothies</p> <p>Water</p>	<p>WGR Goldfish Carrot Sticks</p> <p>Water</p>
			Parent Committee	Policy Council	Child Care Only

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Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 4 September 26th -September 30th 2022

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>Scrambled Eggs Sausage Crumbles English Muffins Strawberries</p> <p>Milk</p>	<p>WGR Kix Cereal Turkey Sausage Banana</p> <p>Milk</p>	<p>Banana WGR Oatmeal Canadian Bacon Cantaloupe</p> <p>Milk</p>	<p>Pork Sausage Gravy WGR Biscuits Turkey Sausage Applesauce</p> <p>Milk</p>	<p>WGR French Toast Hard Boiled Eggs Mixed Fruit</p> <p>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>Beef Spaghetti WGR Noodles Marinara Garlic Bread Green Salad Blackberries</p> <p>Milk</p>	<p>Chicken Strips Cheese Sticks Bread Sticks Orange Slices</p> <p>Milk</p>	<p>Ham and Cheese Sliders WGR Bun Colby Jack Cheese Cauliflower Honey Dew</p> <p>Milk</p>	<p>Beef Taco Salad Shredded Lettuce Shredded Cheese Sour Cream Salsa WGR Tortilla Pineapple</p> <p>Milk</p>	<p>Chicken and Cheese Quesadilla WGR Tortilla Edamame Mango</p> <p>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>Spinach Dip Naan Bread Celery Sticks</p> <p>Water</p>	<p>Cheese Crackers Snap Peas</p> <p>Water</p>	<p>Soft Pretzels Apple Slices</p> <p>Water</p>	<p>WGR Goldfish Broccoli</p> <p>Water</p>	<p>Cornbread Carrot Sticks</p> <p>Water</p>
		B-3 School Pictures	B-3 School Pictures	B-3 School Pictures	Enrichment Day ORANGE SHIRT DAY

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Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 1 October 3rd October 7th † 2022

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

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Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 2 October 10th -October 14th 2022

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	<p>WGR Life Cereal Turkey Sausage Banana</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>Blueberry Muffin Yogurt Blueberries</p> <p>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>	ACADEMY CLOSED	<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 Salad 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; 1/2 cup Grain: 1/2 serving Meat/meat alternate: 1/2 oz</p>	CLOSED	<p>WGR Soft Pretzels Cream Cheese Blueberries</p> <p>Water</p>	<p>Graham Crackers Apple Slices</p> <p>Water</p>	<p>Cereal Mix Carrot Sticks</p> <p>Water</p>	<p>Banana Bread Applesauce</p> <p>Water</p>
	Indigenous People Day				Enrichment Day

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Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 3 October 17th October 21st 2022

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>Rice Crispy Cereal Canadian Bacon Banana</p> <p style="text-align: center;">Milk</p>	<p>Biscuits and Sausage Gravy Turkey Sausage Cantaloupe</p> <p style="text-align: center;">Milk</p>	<p>Ham & Cheese Scones Orange Slices</p> <p style="text-align: center;">Milk</p>	<p>Scramble Eggs Sausage Crumbles WGR Toast Canned Peaches</p> <p style="text-align: center;">Milk</p>	<p>Blueberry Muffins String Cheese 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>Tater Tot Casserole W/ Beef Cream Of Mushroom Peas & Carrots WGR Rolls Honey Dew</p> <p style="text-align: center;">Milk</p>	<p>Mac & Cheese WGR Noodles Garlic Bread Green Salad Raspberries</p> <p style="text-align: center;">Milk</p>	<p>Beef Stew W/ Potatoes Corn & Peas & Carrots WGR Roll Blackberries</p> <p style="text-align: center;">Milk</p>	<p>Chef Salad Romaine Lettuce Turkey & Ham Cheddar Cheese Diced eggs Oyster Crackers Apple Slices</p> <p style="text-align: center;">Milk</p>	<p>Hamburger Soup Red Potatoes Celery Carrots Corn WGR Roll Pineapple</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>WGR Cracker Cauliflower</p> <p style="text-align: center;">Water</p>	<p>Yogurt Mangos</p> <p style="text-align: center;">Water</p>	<p>WGR Goldfish Crackers Carrot Sticks</p> <p style="text-align: center;">Water</p>	<p>String Cheese Celery Sticks</p> <p style="text-align: center;">Water</p>	<p>Graham Crackers Strawberry/Banana Smoothies</p> <p style="text-align: center;">Water</p>
			Parent Committee	Policy Council	Childcare Only

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Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 4 October 24th October 28th 2022

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 Crispix Cereal Turkey Sausage Banana</p> <p style="text-align: center;">Milk</p>	<p>French Toast Sticks Canadian Bacon Peaches</p> <p style="text-align: center;">Milk</p>	<p>WGR Oatmeal Beef Patties Applesauce</p> <p style="text-align: center;">Milk</p>	<p>Biscuits and Sausage Gravy Turkey Sausage Raspberries</p> <p style="text-align: center;">Milk</p>	<p>Pancakes Hard Boiled Eggs Mixed Fruit</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>Chicken Sliders Colby Jack Cheese WGR Roll Carrot Sticks Orange Slices</p> <p style="text-align: center;">Milk</p>	<p>Beef Taco Salad Shredded Lettuce Shredded Cheese Sour Cream WGR Tortilla Apple Slices</p> <p style="text-align: center;">Milk</p>	<p>Fish Sticks Tater Tots Bread Sticks Pears</p> <p style="text-align: center;">Milk</p>	<p>Beef Stroganoff Egg Noodles Mushroom Soup Green Peas WGR Pita Bread Applesauce</p> <p style="text-align: center;">Milk</p>	<p>Chicken Bowl Mashed Potatoes Brown Gravy Corn WGR Roll Honey Dew</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>Spinach Dip Naan Bread Sliced Zucchini</p> <p style="text-align: center;">Water</p>	<p>Sun Butter Celery Sticks</p> <p style="text-align: center;">Water</p>	<p>WGR Goldfish Crackers Broccoli</p> <p style="text-align: center;">Water</p>	<p>Cheese Sauce Naan Bread Cauliflower</p> <p style="text-align: center;">Water</p>	<p>Banana Wraps Sun Butter WGR Tortilla</p> <p style="text-align: center;">Water</p>
					<p>Enrichment Day Pumpkin Extravaganza</p>

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Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 1 October 31st – November 4th 2022

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 Kix Cereal Turkey Sausage Banana</p> <p style="text-align: center;">Milk</p>	<p>WGR Oatmeal Canadian Bacon Peaches</p> <p style="text-align: center;">Milk</p>	<p>French Toast Sticks Beef Patties Mandarin Oranges</p> <p style="text-align: center;">Milk</p>	<p>Scrambled Eggs Canadian Bacon WGR Toast Applesauce</p> <p style="text-align: center;">Milk</p>	<p>Pancakes Cheese Sticks Mixed Fruit</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>Chicken Stuffing Casserole Garlic Chicken Mushroom Soup Green Beans Blueberries</p> <p style="text-align: center;">Milk</p>	<p>Beef Taco Salad Shredded Lettuce Shredded Cheese Sour Cream Salsa WGR Tortillas Mango</p> <p style="text-align: center;">Milk</p>	<p>Ham & Cheese Sliders WGR Bread Sweet Potato Tots Apple Slices</p> <p style="text-align: center;">Milk</p>	<p>Hamburger Soup w/Potatoes ,Green Beans Carrots Corn WGR Roll Strawberries</p> <p style="text-align: center;">Milk</p>	<p>Beef Sloppy Joes WGR Bun Tatar Tots Orange Slices</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>Naan Bread Cheese Sauce Celery Sticks</p> <p style="text-align: center;">Water</p>	<p>Banana Wraps W/Sun Butter WGR Tortillas</p> <p style="text-align: center;">Water</p>	<p>Oyster Crackers Carrot Sticks</p> <p style="text-align: center;">Water</p>	<p>Graham Crackers Honey Dew</p> <p style="text-align: center;">Water</p>	<p>Banana Bread Blueberries</p> <p style="text-align: center;">Water</p>
					<p>Child Care Only Family Costume Ball 6 – 8 PM</p>

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Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 2 November 7th –November 11th 2022

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast: 3 - 5 Grain: 1/2 serving Fruit or vegetable: ½ cup 1% or nonfat Milk, : ¼ cup</p> <p>Infants Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup</p>	<p>Life Cereal Turkey Sausage Bananas</p> <p>Milk</p>	<p>Yogurt Blueberries WGR Granola</p> <p>Milk</p>	<p>WGR Waffles Canadian Bacon Applesauce</p> <p>Milk</p>	<p>Chex Cereal String Cheese Orange Slices</p> <p>Milk</p>	<p>CLOSED</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>Chicken Pot Pie Garlic Chicken Pie Crust Cream of Chicken Soup Peas & Carrots Green Salad Apple Slices</p> <p>Milk</p>	<p>Fish Sticks Tatar Tots Bread Sticks Mangoes</p> <p>Milk</p>	<p>Chicken Sliders WGR Bun Provolone Cheese Green Beans Peaches</p> <p>Milk</p>	<p>Beef Goulash WGR Macaroni Noodles Corn Garlic Bread Raspberries</p> <p>Milk</p>	<p>CLOSED</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>Animal Crackers Peach/Mango Smoothie</p> <p>Water</p>	<p>String Cheese Broccoli</p> <p>Water</p>	<p>Graham Crackers Honey Dew</p> <p>Water</p>	<p>WGR Goldfish Carrot Sticks</p> <p>Water</p>	<p>CLOSED</p>
					<p>Veteran's Day</p>

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Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 3 November 14th – November 18th 2022

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

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 4 November 21st –November 25th 2022

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast: 3 - 5 Grain: 1/2 serving Fruit or vegetable: ½ cup 1% or nonfat Milk: ¼ cup</p> <p>Infants Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup</p>	<p>WGR Cheerios Turkey Sausage Bananas</p> <p style="text-align: center;">Milk</p>	<p>WGR Dutch Waffles Canadian Bacon Orange Slices</p> <p style="text-align: center;">Milk</p>	<p>WGR French Toast Sticks Turkey Sausage Peaches</p> <p style="text-align: center;">Milk</p>	CLOSED	CLOSED
<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>Beef Chili Green Salad WGR Tortilla Apple Slices</p> <p style="text-align: center;">Milk</p>	<p>Ham & Cheese Sliders WGR Slider Buns Colby Jack Cheese Carrot Sticks Canned Peaches</p> <p style="text-align: center;">Milk</p>	<p>FAMILY FEAST Indian Tacos Fry bread, Beef Chili, Lettuce, Tomatoes, Cheddar Cheese, Sour Cream, Salsa Applesauce</p> <p style="text-align: center;">Milk</p>	CLOSED	CLOSED
<p>Snack: 3 – 5 and Infants Serve 2 components Vegetable or fruit; ½ cup Grain: ½ serving Meat/meat alternate: ½ oz</p>	<p>Cheese Sauce Naan bread Cauliflower</p> <p style="text-align: center;">Water</p>	<p>Soft Pretzels Broccoli</p> <p style="text-align: center;">Water</p>	<p>Graham Crackers Strawberry/Banana Smoothie</p> <p style="text-align: center;">Water</p>	CLOSED	CLOSED
	Conferences Early Release/PMCC	Conferences Early Release/PM CC	Conferences Early Release/ PM CC	Gratitude Day	Tulalip Day

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