

Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 2 July 12th – July 16th 2021

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: 3 - 5 Grain: 1/2 serving Fruit or vegetable: ½ cup 1% or nonfat Milk, ¼ cup Infants Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup	Biscuit Sausage and Cheese Sandwich Banana Milk	Kix Cereal Hard Boiled Egg Blueberries Milk	WGR Eggo Waffle Scrambled Eggs Raspberries Milk	Yogurt WGR Granola Pears Milk	WGR Dutch waffles Hard boiled eggs Strawberries 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, 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	Beef Sloppy Joe WGR Bun Tatar Tots Sliced Oranges Milk	Salmon Roasted Red Potatoes WGR Roll Blackberries Milk	Chicken Yakisoba WGR Noodles Cucumber Cantaloupe Milk	Chef Salad Romaine Ham Garlic Chicken Cheddar Cheese Eggs Soft Pretzels Mandarins Milk	Mac & Cheese WGR Noodles Peas Watermelon Milk
Snack: 3 – 5 and Infants Serve 2 components Vegetable or fruit; ½ cup Grain: ½ serving Meat/meat alternate: ½ oz	Baby Bear Honey Bites Oatmeal Sun Butter Honey Apple Slices Water CACFP	Cream Cheese/Salsa Cheese Spread Celery Sticks Water	Goldfish Honey Dew Water	Apple Cinnamon Muffins Apple Slices Water	Cereal Mix Orange Slices Water

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

Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 3 July 19th – July 23rd 2021

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 Bagel Cream Cheese Turkey Sausage Sliced Oranges Milk	Life Cereal Turkey Sausage Banana Milk	Scrambled Eggs W/ Salsa Cheese WGR Tortilla Raspberries Milk	Breakfast Sandwich Biscuit Egg Patty Cheese Honey Dew Milk	Cheddar Scones Turkey sausage Applesauce 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	Pesto Chicken Sliders Slider Buns Sweet Potato Tots Blueberries Milk	Sun Butter & Jelly WGR Bread Edamame Orange Slices Milk	Baked Chicken Thighs WGR Orzo Peas & Carrots Apple Slices Milk	Fish Sticks Tatar Tots WGR Roll Blackberries Milk	Beef Spaghetti WGR Spaghetti pasta Marinara Garlic bread Peas Honey Dew Milk
Snack: 3 – 5 and Infants Serve 2 components Vegetable or fruit; ½ cup Grain: ½ serving Meat/meat alternate: ½ oz	Naan Bread Cheese Sauce Cauliflower Water	Animal Cracker Cantaloupe Water	Goldfish Carrot Sticks Water	Yogurt Applesauce Water	Cheese It's Bananas Water

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

Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 4 July 26th – July 30th 2021

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: 3 - 5 Grain: 1/2 serving Fruit or vegetable: ½ cup 1% or nonfat Milk; ¼ cup Infants Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup	Biscuits & Pork Gravy Turkey Sausage Banana Milk	WGR Cheerios Canadian Bacon Peaches Milk	WGR Waffles Hard Boiled Eggs Raspberries Milk	WGR Kix Cereal Cheese Sticks Strawberries Milk	WGR French toast Scrambled eggs Mixed Berry Compote 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, 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	Beef Taco Salad WGR Tortilla Cheddar Cheese Shredded Lettuce Watermelon Milk	Ham & Cheese Sliders WGR slider buns Colby Jack cheese Carrot sticks Mandarins Milk	Mini Meatloaf Muffins W/ Glaze Mashed Potatoes Garlic Bread Mango Milk	Chicken Caesar Salad Garlic Chicken Croutons, Parmesan cheese Garlic bread Blueberries Milk	Garlic Butter Noodles W/ WGR Noodles Peas Ham Corn Orange Slices Milk
					CACFP
Snack: 3 – 5 and Infants Serve 2 components Vegetable or fruit; ½ cup Grain: ½ serving Meat/meat alternate: ½ oz	Cheese & Crackers Apple Slices Water	Soft Pretzels Broccoli Water	Banana Dogs WGR Bun Sun Butter Water	Sliced cheese WGR Cracker Apple slices Water	Broccoli Cheese sauce Water
			CACFP		

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

Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 5 August 2nd –August 6th 2021

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	Crispix Cereal Turkey Sausage Banana Milk	Yogurt WGR Granola Strawberries Milk	WGR Bagel Cream Cheese Turkey Sausage Blueberries Milk	Scrambled Eggs WGR Toast Pears Milk	WGR Waffles Hard Boiled Eggs Mixed Fruit 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, 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	Salmon Roasted Red Potatoes WGR Roll Blackberries Milk	Beef Spaghetti WGR Noodles Marinara Garlic Bread Carrots Raspberries Milk	WGR English Muffin Pizza Canadian Bacon Pineapple Green Salad Mandarin Oranges Milk	Ham & Cheese Roll Ups Garlic Herb Wrap Cream Cheese Cheddar Jack Edamame Applesauce Milk	Pork Fried Rice WGR Brown Rice Snap Peas Pineapple Milk
Snack: 3 – 5 and Infants Serve 2 components Vegetable or fruit; ½ cup Grain: ½ serving Meat/meat alternate: ½ oz	Apple Slices Sun Butter Water	Cheese Sticks Watermelon Water	Soft Pretzels Carrot Sticks Water	Banana Bread Orange Slices Water	WGR Crackers Broccoli Water

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

Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle week 6 August 9th- August 13th 2021

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 Life Cereal Canadian Bacon Banana Milk	Scrambled Eggs w/ Sausage Crumbles Cheese WGR Toast Applesauce Milk	English Muffin Turkey Sausage Orange Slice Milk	WGR Cheerios Hard Boiled Egg Banana Milk	Cheese WGR Scones Turkey Sausage Pears 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, 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 Strips Tatar Tots WGR Roll Watermelon Milk	Beef Tater Tot Casserole Green Salad Mango Milk	Sesame Asian Chicken Salad WGR Noodles Green Peas Mandarin Oranges Milk	Chicken Salad Sandwich WGR Bread Celery Sticks Blackberries Milk	Fish Sticks Sweet Potato Tots Sliced Apples WGR Roll Milk
Snack: 3 – 5 and Infants Serve 2 components Vegetable or fruit; ½ cup Grain: ½ serving Meat/meat alternate: ½ oz	Soft WGR Pretzels Apples Water	WGR Goldfish Crackers Snap Peas Water	Naan Bread Broccoli Water	WGR Crackers Sliced Oranges Water	Banana Bread Carrot Sticks Water

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