

Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 1 May 24th-May 28th 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	Rice Krispies Cheese Sticks Bananas Milk	Biscuits and Pork gravy Turkey Sausage Orange Slices Milk	Dutch Waffles Cheese Sticks Pears Milk	WGR English Muffin Sandwich Turkey Sausage Eggs Cheddar Cheese Applesauce Milk	Crepes Scramble Eggs Fruit 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	Chicken Strips Tatar Tots WGR Roll Watermelon Milk	Fish Tacos Mango Salsa WGR Tortilla Coleslaw Tropical Fruit Milk	Turkey Pinwheel Wraps Garlic Herb Tortilla Provolone Cheese Cream Cheese Cucumbers Cantaloupe Milk	Teriyaki Chicken Brown Rice Snap Peas Orange Slices Milk	Crispy Chicken Bowl Mashed Potatoes Brown Gravy Green Salad WGR Roll Mixed Fruit Milk
Snack: 3 – 5 and Infants Serve 2 components Vegetable or fruit; ½ cup Grain: ½ serving Meat/meat alternate: ½ oz	Celery Sticks Sun Butter Water	Banana Bread Applesauce Water	WGR Cereal Mix Carrot Sticks Water	Cauliflower Cheese Crackers Water	WGR Goldfish Crackers 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 2 May31st-June 4th 2021

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: 3 - 5 Grain: 1/2 serving Fruit or vegetable: 1/2 cup 1% or nonfat Milk: 1/4 cup Infants Grains: 1/2 serving Fruit or vegetable: 1/4 cup Milk: 1/2 cup	CLOSED	Scrambled Eggs Turkey Sausage Bananas Milk	WGR Bagels Cream Cheese Hard Boiled Eggs Blackberries Milk	Chex Cereal String Cheese Orange Slices Milk	WGR Dutch Waffles Hard Boiled Eggs Strawberries 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	CLOSED	Chef Salad Turkey Ham Eggs Cheese WGR cracker Watermelon Milk	Chicken Yakisoba Broccoli Shredded Carrots Snap Peas Mandarin Oranges Milk	Beef Goulash WW Macaroni Noodles Corn Garlic Bread Raspberries Milk	Tomato Soup Grilled Cheese Sandwiches WGR Bread Celery Sticks 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	CLOSED	Graham Crackers Applesauce Water	Cheese It's Apple Slices Water	Carrot Sticks WGR Goldfish Crackers Water	WGR Cereal Mix Sliced Apples Water

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Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week3 June 7- June 11th 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	Life Cereal Turkey Sausage Banana Milk	Scrambled Eggs W/Sausage Crumbles Cheese WGR Toast Peaches Milk	WGR Special K Canadian Bacon Orange Slices Milk	Biscuits Cheese Sticks Pineapple Milk	Breakfast Sausage Cheese Pinwheels WGR Tortilla 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	Cheeseburger Sliders WGR Bun Potato Wedges Apple Slices Milk	Chef Salad Romaine Lettuce Turkey Ham Cheese Egg WGR Cracker Pineapple Milk	BBQ Chicken Baked Beans Corn Bread Corn Watermelon Milk	Baked Beef Ravioli Marinara Sauce Mozzarella WGR Roll Edamame Apple Milk	Tuna Fish Sandwiches WGR Bread Snap Peas Mandarin Oranges Milk
Snack: 3 – 5 and Infants Serve 2 components Vegetable or fruit; ½ cup Grain: ½ serving Meat/meat alternate: ½ oz	WGR Graham Crackers Raspberries Water	Soft Pretzel Cauliflower Cheese Sauce Water	Sweet Potato Tots Cheese Sticks Water	Yogurt Raspberries Water	Cereal Mix Carrot Sticks Water

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Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 4 June 14th-June 18th 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 Cheerios Turkey Sausage Banana Milk	Breakfast Bowl Potatoes Sausage Crumbles Scrambled Eggs Cheese WGR Bagel Apple Sauce Milk	Banana WGR Oatmeal Canadian Bacon Apple Slices Milk	Scrambled Eggs WGR Toast Canned Pears Milk	WGR French Toast 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	Chicken Strips Tater Tots WGR Roll Watermelon Milk	Beef Spaghetti WGR Noodles Marinara Garlic Bread Green Salad Cantaloupe Milk	Garlic Herb Wrap Turkey Provolone Cream Cheese Cauliflower Honey Dew Milk	Beef Taco Salad Shredded Lettuce Shredded Cheese Sour Cream Salsa Naan Bread Watermelon Milk	Chicken and Cheese Quesadilla WGR Tortilla Peas and Carrots Mango Milk
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 Carrot Sticks Water	Cheese Crackers Snap Peas Water	WGR Goldfish Cracker Carrot Sticks Water	Animal Crackers Broccoli Water	Corn Bread Carrot Sticks Water

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Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 5 June 21st-June 25th 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 Crispix Cereal Canadian Bacon Banana Milk	Yogurt WGR Granola Strawberries Milk	WGR Bagel Cream Cheese Turkey Sausage Blueberries Milk	Sausage and Cheese Biscuit Bites Mango Milk	Blueberry Muffins Blueberries Cheese Sticks 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	Fish Sticks Tater Tots WGR Roll Orange Slices Milk	Baked Chicken Thighs Roasted Red Potatoes WGR Roll Tropical Fruit Pineapple, Papaya, Guava, Passion Fruit Milk	Swedish Meatballs Egg Noodles WGR Roll Peas Blackberries Milk	Teriyaki Chicken White Rice Snap Peas Mandarin Oranges Milk	Crispy Chicken Bowl Mashed Potatoes WGR Roll Brown Gravy 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 Raspberries Water	Soft Pretzels Carrot Sticks Water	Cauliflower WGR crackers Water	WGR Gold Fish Crackers Bananas Water

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Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle week 6 June 27th- July 1st 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	Biscuits and Pork Gravy Turkey Sausage Orange Slices Milk	Dutch Waffles Cheese Sticks Pears Milk	WGR Bagel Turkey Sausage Peaches Milk	Breakfast Quiche Pie Dough Eggs Cheese Sausage Crumbles 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, 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	Cheeseburger Slider WGR Bun Tater Tots Watermelon Milk	Beef Meatball Subs WGR Buns Marinara Mozzarella Celery Sticks Blackberries Milk	WGR English Muffin Pizza Canadian Bacon Provolone Cheese Green Salad Pineapple Milk	Fried Rice Brown Rice Garlic Chicken Peas and Carrots Corn Apple Slices Milk	Chef Salad Turkey Ham Shredded Cheese Hardboiled Egg WGR Cracker Raspberries Milk
Snack: 3 – 5 and Infants Serve 2 components Vegetable or fruit; ½ cup Grain: ½ serving Meat/meat alternate: ½ oz	Banana Bread Applesauce Water	WGR Goldfish Crackers Snap Peas Water	Cheese and Crackers Carrot Sticks Water	Animal Crackers Sliced Oranges Water	Celery Sticks Cheese Sticks Water

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