

Tulalip Betty J. Taylor Early Learning Academy
June 24 – 28, 2019

Meal Pattern 3-5 Year old Serving Sizes	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: <ul style="list-style-type: none"> ● Bread or cereal: 1/2 slice or 1/3 cup dry cereal or 1/4 cup cooked cereal ● Fruit or vegetable: 1/2 C. ● 1% or nonfat Milk, fluid: 3/4 cup 	Life Cereal Ham Pineapple Milk	Ham & Cheese Scones Ham & Cheese Strawberries Milk	Egg Casserole w/tator tots, spinach, cheese, sausage Toast Bananas Milk	Wheat Toast Hardboiled Eggs Apple Sauce Milk	Pancakes Berry Compote Scrambled Eggs Milk
Notes/Dietary Restrictions					
Lunch: <ul style="list-style-type: none"> ● Meat/meat alternate: 1 1/2 oz. ● Grain or bread: 1/2 slice ● Vegetable and/or fruit (2 or more): <u>2 items</u> 1/4 cup each = 1/2 C. total ● 1% or nonfat Milk, fluid: 3/4 cup 	Southwest Chicken Wraps Corn Tortillas Pineapple Milk	Sweet & Sour Pork Stir fry Brown Rice Snap Peas Blueberries Milk	Turkey Pinwheels w/cream cheese on W/W Tortillas Cauliflower Raspberries Milk	Chicken w/Penne, spinach, mushrooms Green Salad Garlic Bread Apple Slices Milk	Cheese Tortellini w/ ground beef, marinara sauce Whole grain roll Corn Blueberries Milk
Notes/Dietary Restrictions					
Snack: (Items from 2 food groups) <ul style="list-style-type: none"> ● Meat or meat alternate: 1/2 oz. ● Vegetable, fruit, or juice: 1/2 C. ● Bread or cereal: 1/2 slice or 1/3 cup dry, cereal or 1/4 cup cooked cereal ● 1% or nonfat Milk, fluid: 1/2 cup 2 food groups 	Snap Peas Goldfish Crackers Water	Egg Salad Carrot Sticks Water	Wheat Crackers Cheese Sliced Apples Water	Yogurt Granola Blueberries Water	Bananas String Cheese Water
Notes/Dietary Restrictions					

Formula is served to infants, whole milk is served to 1 year olds, 1% milk is served to 2-5 year olds. No peanuts are served. Allergy substitution needs medical documentation. The menu has good food source of Vitamin C (daily) and Vitamin A (at least three times per week). Juices are 100% fruit juice.

Tulalip Betty J. Taylor Early Learning Academy
July 8 – 12, 2019

Meal Pattern 3-5 Year old Serving Sizes	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: <ul style="list-style-type: none"> ● Bread or cereal: 1/2 slice or 1/3 cup dry cereal or 1/4 cup cooked cereal ● Fruit or vegetable: 1/2 C. ● 1% or nonfat Milk, fluid: 3/4 cup 	WG Life Cereal Turkey Sausage Sliced Oranges Milk	Special K Canadian Bacon Mandarins Milk	W/W Bagel w/ cream cheese Hardboiled Eggs Blueberries Beef Patties Milk	Turkey Sausage Yogurt Granola Blackberries Milk	French Toast w/ black berry compote Turkey Sausage Hard Boiled Eggs Milk
Notes/Dietary Restrictions					
Lunch: <ul style="list-style-type: none"> ● Meat/meat alternate: 1 1/2 oz. ● Grain or bread: 1/2 slice ● Vegetable and/or fruit (2 or more): 2 items 1/4 cup each = 1/2 C. total ● 1% or nonfat Milk, fluid: 3/4 cup 	S.W. Chicken Salad w/chicken, lettuce, black beans, tomato, cheese, onion Tortilla Chips Diced Pears Milk	Chicken, broccoli, brown rice Casserole Peas & Carrots Mangos Milk	Tuna Sandwiches Sweet Potato Fries Raspberries Milk	Beef Stroganoff w/ground beef, noodles, sour cream, mushrooms Carrots Sliced Apples Milk	Baked Chicken Roasted Red Potatoes Corn Whole grain rolls Diced Pears Milk
Notes/Dietary Restrictions					
Snack: (Items from 2 food groups) <ul style="list-style-type: none"> ● Meat or meat alternate: 1/2 oz. ● Vegetable, fruit, or juice: 1/2 C. ● Bread or cereal: 1/2 slice or 1/3 cup dry, cereal or 1/4 cup cooked cereal ● 1% or nonfat Milk, fluid: 1/2 cup 2 food groups 	Apple Slices Pretzels Water	Banana Wraps w/Tortillas Sun butter Water	Goldfish Crackers Sliced Watermelon Water	Cauliflower w/ ranch Flat bread Water	Cheddar Cheese Crackers Carrot Sticks Water
Infants					

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Tulalip Betty J. Taylor Early Learning Academy
July 15- 19, 2019

Meal Pattern 3-5 Year old Serving Sizes	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: <ul style="list-style-type: none"> ● Bread or cereal: 1/2 slice or 1/3 cup dry cereal or 1/4 cup cooked cereal ● Fruit or vegetable: 1/2 C. ● 1% or nonfat Milk, fluid: 3/4 cup 	WG Bran flakes w/raisins Cheese Sticks Sliced Oranges Milk	Blueberry Muffins Turkey Sausage Cantaloupe Milk	Hard Boiled Eggs Ham Wheat Toast Diced Pears Milk	Oatmeal w/raisins Diced Peaches Canadian Bacon Milk	Yogurt Granola Raspberries Turkey Sausage Milk
Notes/Dietary Restrictions					
Lunch: <ul style="list-style-type: none"> ● Meat/meat alternate: 1 1/2 oz. ● Grain or bread: 1/2 slice ● Vegetable and/or fruit (2 or more): <u>2 items</u> 1/4 cup each = 1/2 C. total ● 1% or nonfat Milk, fluid: 3/4 cup 	Creamy Chicken Pasta Corn Pineapple Rolls Milk	Sloppy Joes w/ground beef, whole wheat bun Sweet Potato Fries Sliced Apples Milk	Fish Tacos w/coleslaw WW Tortillas Mangos Milk	Hamburger Helper w/beef, macaroni, cheese Peas & Carrots Cantaloupe Milk	Chicken Yakisoba Green Salad Mandarin Oranges Rolls Milk
Notes/Dietary Restrictions					
Snack: (Items from 2 food groups) <ul style="list-style-type: none"> ● Meat or meat alternate: 1/2 oz. ● Vegetable, fruit, or juice: 1/2 C. ● Bread or cereal: 1/2 slice or 1/3 cup dry, cereal or 1/4 cup cooked cereal ● 1% or nonfat Milk, fluid: 1/2 cup 2 food groups 	Pita bread Sliced Apples Water	Broccoli Crackers Water	Spinach Dip Jicama Water	Goldfish Crackers Watermelon Water	Biscuits Berry Compote Water
Infants					

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Tulalip Betty J. Taylor Early Learning Academy
July 22 - 26, 2019

Meal Pattern 3-5 Year old Serving Sizes	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: <ul style="list-style-type: none"> ● Bread or cereal: 1/2 slice or 1/3 cup dry cereal or 1/4 cup cooked cereal ● Fruit or vegetable: 1/2 C. ● 1% or nonfat Milk, fluid: 3/4 cup 	Life Cereal Hard Boiled Eggs Orange Slices Milk	Wheat Toast Boiled Eggs Applesauce Milk	Oatmeal Bananas Turkey Sausage Milk	Yogurt Granola Raspberries Ham slices Milk	Muffins Blueberries Beef Patties w/cheese Milk
Notes/Dietary Restrictions					
Lunch: <ul style="list-style-type: none"> ● Meat/meat alternate: 1 1/2 oz. ● Grain or bread: 1/2 slice ● Vegetable and/or fruit (2 or more): <u>2 items</u> 1/4 cup each = 1/2 C. total ● 1% or nonfat Milk, fluid: 3/4 cup 	Sloppy Joes w/ground beef, Tator Tots Broccoli Cantaloupe Milk	Lasagna w/ ground beef, marinara sauce, cheese Garlic Bread Carrots Pineapple Milk	Oriental chicken Salad w/chicken, iceberg lettuce, shredded cheese chow mein noodles Mandarin Oranges Rolls Milk	Sweet & Sour Meatballs Macaroni Salad Corn Mango Milk	Barbeque Chicken Baked Beans Corn Rolls Sliced Watermelon Milk
Notes/Dietary Restrictions					
Snack: (Items from 2 food groups) <ul style="list-style-type: none"> ● Meat or meat alternate: 1/2 oz. ● Vegetable, fruit, or juice: 1/2 C. ● Bread or cereal: 1/2 slice or 1/3 cup dry, cereal or 1/4 cup cooked cereal ● 1% or nonfat Milk, fluid: 1/2 cup 2 food groups 	String Cheese Celery Water	Sliced Watermelon Cheese Sticks Water	Cottage Cheese Peaches Water	Cucumber Slices Hardboiled Eggs Water	Crackers Apple Slices Water
Notes/Dietary Restrictions					

Formula is served to infants, whole milk is served to 1 year olds, 1% milk is served to 2-5 year olds. No peanuts are served. Allergy substitution needs medical documentation. The menu has good food source of Vitamin C (daily) and Vitamin A (at least three times per week). Juices are 100% fruit juice.