

Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 1 January 19th- January 22, 2021

Meal Pattern	Holiday	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 style="text-align: center;">Milk</p>	<p>Potatoes bowls W/eggs, cheese Sausage crumbles WGR toast Blackberries</p> <p style="text-align: center;">Milk</p>	<p>Yogurt WGR granola Canned pears</p> <p style="text-align: center;">Milk</p>	<p>WGR French toast Turkey sausage Strawberries</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>Spaghetti beef Marinara sauce WGR noodles Green salad Garlic bread Mandarin oranges</p> <p style="text-align: center;">Milk</p>	<p>Cheese tortellini Chicken soup W/spinach WGR rolls Carrots Pineapple</p> <p style="text-align: center;">Milk</p>	<p>Chicken salad Green salad Mozzarella cheese Oyster crackers Mangoes</p> <p style="text-align: center;">Milk</p>	<p>Ham & cheese WGR slider buns Tater tots 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>		<p>Oatmeal bites Blueberries</p> <p style="text-align: center;">Water</p>	<p>WGR crackers Apple slices</p> <p style="text-align: center;">Water</p>	<p>Naan bread Bananas</p> <p style="text-align: center;">Water</p>	<p>WGR soft pretzels Cauliflower</p> <p style="text-align: center;">Water</p>