

# Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 4 September 14<sup>th</sup> -September 18<sup>th</sup> 2020

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Breakfast:</b> <b>3 - 5</b> Grain: 1/2 serving Fruit or vegetable: ½ cup 1% or nonfat Milk: ¾ cup</p> <p><b>Infants</b> Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup</p>	<p><b>Cheerios</b> <b>Canadian Bacon</b> <b>Bananas</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Breakfast Bowls</b> <b>Diced Red Potatoes</b> <b>Sausage Crumbles</b> <b>Scrambled Eggs</b> <b>Shredded Cheese</b> <b>WW toast, Raspberries</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>WW Bagels w/ Cream</b> <b>Cheese</b> <b>Blueberries</b> <b>Cheese Sticks</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Life Cereal</b> <b>Canadian Bacon</b> <b>Mandarin oranges</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Banana Muffins</b> <b>Hard Boiled Eggs</b> <b>Bananas</b></p> <p style="text-align: center;"><b>Milk</b></p>
<p><b>Lunch:</b> <b>3 - 5</b> 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><b>Infants</b> Meat/meat alternate: 1 oz Grain: ½ serving Vegetable and/or fruit (2 or more, ¼ cup each) Milk: ½ cup</p>	<p><b>Kalua Pulled Pork</b> <b>Cabbage and Onions</b> <b>Brown Rice</b> <b>Pineapple</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Beef Spaghetti</b> <b>WW spaghetti Pasta</b> <b>Marinara</b> <b>Garlic Toast</b> <b>Corn</b> <b>Watermelon</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Swedish Meatballs</b> <b>Egg Noodles</b> <b>Peas</b> <b>Sliced Oranges</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Chicken Pesto Alfredo</b> <b>Caesar Salad</b> <b>w/Parmesan Cheese</b> <b>Croutons</b> <b>Blackberries</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Sloppy Joes(beef)</b> <b>WW buns</b> <b>Tater Tots</b> <b>Mixed Fruit</b></p> <p style="text-align: center;"><b>Milk</b></p>
<p><b>Snack:</b> <b>3 – 5 and Infants</b> Serve 2 components Vegetable or fruit: ½ cup Grain: ½ serving Meat/meat alternate: ½ oz</p>	<p><b>Frozen Blueberry</b> <b>Yogurt</b> <b>WW Gold Fish</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Oat meal Bites</b> <b>Apple Slices</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>WW Crackers</b> <b>Tropical Fruit</b> <b>Mango ,Pineapple</b> <b>Passion Fruit</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Broccoli</b> <b>WW Goldfish</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Cheese Slices</b> <b>Ritz Crackers</b> <b>Sliced Apples</b></p> <p style="text-align: center;"><b>Water</b></p>

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

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# Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 5 September 21st – September 25th

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Breakfast:</b></p> <p><u>3 - 5</u> Grain: 1/2 serving Fruit or vegetable: ½ cup 1% or nonfat Milk, : ¾ cup</p> <p><u>Infants</u> Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup</p>	<p><b>Breakfast Burritos</b> <b>WW Tortilla</b> <b>Scrambled Eggs</b> <b>Sausage Crumbles</b> <b>Shredded Cheese</b> <b>Salsa, canned Pears</b> <b>Milk</b></p>	<p><b>WW Dutch Waffles</b> <b>Turkey Sausage</b> <b>Strawberries</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Life Cereal, hard</b> <b>boiled eggs, canned</b> <b>peaches</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Scrambled Eggs</b> <b>w/cheese</b> <b>WW Bagel</b> <b>Tropical Fruit</b> <b>Mango ,Pineapple</b> <b>Passion Fruit</b> <b>Milk</b></p>	<p><b>Breakfast Bowl</b> <b>Diced Red Potatoes</b> <b>Sausage Crumbles</b> <b>Scrambled Eggs</b> <b>Shredded Cheese</b> <b>WW toast</b> <b>Mixed Fruit</b> <b>Milk</b></p>
<p><b>Lunch:</b></p> <p><u>3 - 5</u> 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><u>Infants</u> Meat/meat alternate: 1 oz Grain: ½ serving Vegetable and/or fruit (2 or more, ¼ cup each) Milk: ½ cup</p>	<p><b>Creamy chicken</b> <b>Noodle soup</b> <b>Naan bread</b> <b>Peas</b> <b>Sliced oranges</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Chicken tortellini soup</b> <b>Spinach, Carrots, corn</b> <b>WW roll</b> <b>Blackberries</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Chicken cassia tore</b> <b>Peppers</b> <b>Mushrooms, onions</b> <b>Tomatoes</b> <b>Brown rice</b> <b>Canned pears</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Hot ham &amp; cheese</b> <b>WW slider buns</b> <b>carrots</b> <b>Raspberries</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Beef taco salad</b> <b>Shredded lettuce</b> <b>Shredded cheese</b> <b>Salsa</b> <b>Sour cream</b> <b>WW tortillas</b> <b>Sliced apples</b></p> <p style="text-align: center;"><b>Milk</b></p>
<p><b>Snack:</b></p> <p><u>3 – 5 and Infants</u> Serve 2 components Vegetable or fruit; ½ cup Grain: ½ serving Meat/meat alternate: ½ oz</p>	<p><b>Cereal mix</b> <b>Cinnamon Apple wedges</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Oatmeal Bites</b></p> <p style="text-align: center;"><b>Bananas</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>WW Soft Pretzels</b></p> <p style="text-align: center;"><b>String Cheese</b></p> <p style="text-align: center;"><b>Apple sauce</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Egg Salad</b></p> <p style="text-align: center;"><b>Celery sticks</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Carrot Sticks</b></p> <p style="text-align: center;"><b>Ritz Crackers</b></p> <p style="text-align: center;"><b>Sliced Cheese</b></p> <p style="text-align: center;"><b>Water</b></p>

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## Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle week 6 September 28<sup>th</sup> – October 2<sup>nd</sup> 2020

<p><b>Breakfast:</b> <u>3 - 5</u> Grain: 1/2 serving Fruit or vegetable: ½ cup 1% or nonfat Milk: ¾ cup <b>Infants</b> Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup</p>	<p><b>WW Bagels Cream Cheese Canadian Bacon Blueberries</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Bisquick Sausage Bites Sausage Crumbles Shredded Cheese Sausage Gravy Strawberries</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Banana Oatmeal Turkey Sausage Sliced Apples</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Yogurt WGR Granola Strawberries</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>French Toast WW bread Canadian Bacon Applesauce</b></p> <p style="text-align: center;"><b>Milk</b></p>
<p><b>Lunch:</b> <u>3 - 5</u> 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 <b>Infants</b> Meat/meat alternate: 1 oz Grain: ½ serving Vegetable and/or fruit (2 or more, ¼ cup each) Milk: ½ cup</p>	<p><b>Grilled Cheese Sandwiches WW Bread Carrot Sticks Orange Slices</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Spaghetti (beef) WW spaghetti Pasta Marinara Garlic Toast Peas Watermelon</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Turkey Sandwiches WW bread w/Cranberry Cream Cheese Celery Sticks Raspberries</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Sloppy Joes (beef) WW Buns Tater Tots Tropical Fruit Mango ,Pineapple Passion Fruit</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Panera Mac and Cheese WW penne Pasta Caesar Salad Mixed Fruit</b></p> <p style="text-align: center;"><b>Milk</b></p>
<p><b>Snack:</b> <u>3 – 5 and Infants</u> Serve 2 components Vegetable or fruit: ½ cup Grain: ½ serving Meat/meat alternate: ½ oz</p>	<p><b>Animal Crackers Yogurt Broccoli</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Spinach Dip Naan Bread Sliced Cucumbers</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>WW Goldfish Mangoes</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Cheese Slices Ritz Crackers Sliced Apples</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Gram Crackers Sliced Oranges</b></p> <p style="text-align: center;"><b>Water</b></p>

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