

Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 1

February 24 – 28, 2020

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast: 1-2 Infants Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup</p> <p>3 – 5 Grain: 1/2 serving Fruit or vegetable: ½ cup 1% or nonfat Milk,: ¾ cup</p>	<p>Old Fashioned Oatmeal Turkey Sausage Apple Slices</p> <p>Milk</p>	<p>Bagels w/ cream cheese Hard Boiled Eggs Diced Peaches</p> <p>Milk</p>	<p>Cheese Scones w/cheddar cheese Canadian Bacon Applesauce</p> <p>Milk</p>	<p>Waffles Scrambled Eggs w/ cheese Blueberries</p> <p>Milk</p>	<p>Cream of Wheat Turkey Sausage Bananas</p> <p>Milk</p>
<p>Lunch: 1-2 Infants Meat/meat alternate: 1 oz Grain: ½ serving Vegetable and/or fruit (2 or more, ¼ cup each) Milk: ½ cup</p> <p>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</p>	<p>Salad w/ chicken, lettuce, tomatoes, cheese Roll Diced Pears</p> <p>Milk</p>	<p>Baked Chicken Roasted Red Potatoes Roll Corn Blueberries</p> <p>Milk</p>	<p>Beef Broccoli Brown Rice & Quinoa Orange Slices</p> <p>Milk</p>	<p>Turkey Sandwiches Sweet Potato Tots Diced Mangoes</p> <p>Milk</p>	<p>Baked Salmon Green Beans Roll Blackberries</p> <p>Milk</p>
<p>Snack: 1-2/Infants and 3-5 Serve 2 components Vegetable or fruit; ½ cup Grain: ½ serving Meat/meat alternate: ½ oz</p>	<p>Cucumber</p> <p>Crackers</p> <p>Water</p>	<p>Carrot sticks</p> <p>Goldfish crackers</p> <p>Water</p>	<p>Cheese Sticks</p> <p>Sliced Apples</p> <p>Water</p>	<p>Strawberry & Peach Yogurt Diced Peaches Granola Water</p>	<p>Banana Bread Celery Sticks Cheese Sticks</p> <p>Water</p>

Formula is served to infants, whole milk is served to 1 year olds, 1% milk is served to 2-5 year olds.
 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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Menu Cycle Week 2 **March 2 - 6 2020**

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast: 1-2 Infants Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup</p> <p>3 - 5 Grain: 1/2 serving Fruit or vegetable: ½ cup 1% or nonfat Milk.: ¾ cup</p>	<p>Green Eggs & Ham</p> <p>Sliced Oranges</p> <p>Milk</p>	<p>Breakfast Sandwich w/ English muffin, cheese, Canadian Bacon</p> <p>Applesauce</p> <p>Milk</p>	<p>Strawberry & Banana Yogurt Granola</p> <p>Blueberries</p> <p>Milk</p>	<p>Cheerios</p> <p>Hard Boiled Eggs</p> <p>Sliced Apples</p> <p>Milk</p>	<p>Salmon Hash w/ red potatoes, salmon</p> <p>Tropical Fruit w/ pineapple, papaya, guava, passion fruit</p> <p>Milk</p>
<p>Lunch: 1-2 Infants Meat/meat alternate: 1 oz Grain: ½ serving Vegetable and/or fruit (2 or more, ¼ cup each) Milk: ½ cup</p> <p>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</p>	<p>Turkey Sandwiches</p> <p>Salad</p> <p>Sliced Apples</p> <p>Milk</p>	<p>Sloppy Joes w/ ground beef on roll</p> <p>Green salad</p> <p>Mandarins</p> <p>Milk</p>	<p>Turkey Pot Pie w/ Peas, Carrots, Diced Pears</p> <p>Roll</p> <p>Milk</p>	<p>Chicken Salad w/chicken, lettuce, tomatoes</p> <p>Goldfish Crackers</p> <p>Blueberries</p> <p>Milk</p>	<p>Tomato Soup</p> <p>Ham & Cheese Sandwiches</p> <p>Celery Sticks</p> <p>Apple Slices</p> <p>Milk</p>
<p>Snack: 1-2 Infants & 3-5 Serve 2 components Vegetable or fruit; ½ cup Grain: ½ serving Meat/meat alternate: ½ oz</p>	<p>Cauliflower</p> <p>String cheese</p> <p>Water</p>	<p>Snap peas</p> <p>Goldfish crackers</p> <p>Water</p>	<p>Zucchini Sticks</p> <p>Pita Bread</p> <p>Water</p>	<p>Cheese Sticks</p> <p>Celery Sticks</p> <p>Water</p>	<p>Strawberry & Peach Yogurt Granola</p> <p>Bananas</p> <p>Water</p>

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Menu Cycle Week 3 March 9 – 13 2020

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast: <u>1-2 Infants</u></p> <p>Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup</p> <p style="text-align: center;"><u>3 – 5</u></p> <p>Grain: 1/2 serving Fruit or vegetable: ½ cup 1% or nonfat Milk.: ¼ cup</p>	<p>Rice Chex</p> <p>Canadian Bacon</p> <p>Bananas</p> <p>Milk</p>	<p>Dutch Waffles</p> <p>Berry compote</p> <p>Turkey Sausage</p> <p>Milk</p>	<p>Old Fashioned Oatmeal Cheese Sticks Cuties Oranges</p> <p>Milk</p>	<p>Strawberry & Peach Yogurt Granola Turkey Sausage Raspberries</p> <p>Milk</p>	<p>French Toast</p> <p>Boiled Eggs</p> <p>Blueberries</p> <p>Milk</p>
<p>Lunch: <u>1-2 Infants</u></p> <p>Meat/meat alternate: 1 oz Grain: ½ serving Vegetable and/or fruit (2 or more, ¼ cup each) Milk: ½ cup</p> <p style="text-align: center;"><u>3 - 5</u></p> <p>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>Spaghetti Green Beans Apple Slices</p> <p>Milk</p>	<p>Turkey & Cheddar Sandwiches Broccoli Honeydew</p> <p>Milk</p>	<p>Ground Turkey Tator Tot Casserole w/ ground turkey Green Peas Roll Diced Pears</p> <p>Milk</p>	<p>Taco Salad w/ ground turkey, lettuce, tomatoes, cheese Tortillas Diced Mangoes</p> <p>Milk</p>	<p>Baked Macaroni & Cheese w/ ww macaroni pasta, cheddar cheese Snap peas Watermelon</p> <p>Milk</p>
<p>Snack: <u>1-2 Infants and 3 - 5</u></p> <p>Serve 2 components Vegetable or fruit; ½ cup Grain: ½ serving Meat/meat alternate: ½ oz</p>	<p>Bran Muffins Orange Slices</p> <p>Water</p>	<p>Celery Goldfish Crackers</p> <p>Water</p>	<p>Broccoli Florets Pita Bread</p> <p>Water</p>	<p>Graham Crackers Bananas</p> <p>Water</p>	<p>Sliced Apples Sunbutter Cheese Sticks Water</p>

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Menu Cycle Week 4 **March 16 – 20 2020**

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast: <u>1-2 Infants</u> Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup</p> <p>3 - 5 Grain: 1/2 serving Fruit or vegetable: ½ cup 1% or nonfat Milk: ¼ cup</p>	<p>Mini Wheats Turkey Sausage</p> <p>Sliced Oranges</p> <p>Milk</p>	<p>Egg scramble w/spinach, sausage, cheese, tater tots English Muffins bananas</p> <p>Milk</p>	<p>Bagels w/cream cheese Hardboiled Eggs Diced Peaches</p> <p>Milk</p>	<p>Steel Cut Oatmeal Turkey Sausage</p> <p>Bananas</p> <p>Milk</p>	<p>Rice Krispies Canadian Bacon</p> <p>Applesauce Milk</p>
<p>Lunch: <u>1-2 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>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</p>	<p>Cobb Salad w/chicken, lettuce, tomatoes, cheese, eggs Roll Watermelon</p> <p>Milk</p>	<p>Beef Casserole w/, ground beef, cream of mushroom, tator tots, cheddar cheese Naan Bread Broccoli Florets Apple Slices</p> <p>Milk</p>	<p>Soft Tacos w/ Tortillas, shredded chicken, cheddar cheese, lettuce, tomatoes Applesauce</p> <p>Milk</p>	<p>Ham & Cheese Sandwiches w/ ham, cheddar cheese Snap Peas Sliced Oranges</p> <p>Milk</p>	<p>Pork Chops Green Beans Brown Rice & Quinoa</p> <p>Apple Sauce Milk</p>
<p>Snack: <u>1-2 Infants and 3 - 5</u> Serve 2 components Vegetable or fruit; ½ cup Grain: ½ serving Meat/meat alternate: ½ oz</p>	<p>Apple Slices</p> <p>Pretzels</p> <p>Water</p>	<p>Goldfish Crackers Cheese Sticks Water</p>	<p>Orange Slices Cheese Scones</p> <p>Water</p>	<p>Cucumber</p> <p>Humus</p> <p>Water</p>	<p>Banana Bread Celery Sticks Cheese Sticks Water</p>

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Menu Cycle Week 5 **March 30 – April 3**

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast: <u>1-2 Infants</u> Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup</p> <p><u>3 - 5</u> Grain: 1/2 serving Fruit or vegetable: ½ cup 1% or nonfat Milk: ¾ cup</p>	<p>Corn Chex Cereal Turkey Sausage Sliced Oranges</p> <p>Milk</p>	<p>Blueberry Muffins</p> <p>Scrambled eggs</p> <p>Applesauce</p> <p>Milk</p>	<p>Hard Boiled Eggs</p> <p>Toast</p> <p>Diced Pears</p> <p>Milk</p>	<p>Strawberry & Peach Yogurt</p> <p>Granola</p> <p>Bananas Milk</p>	<p>Cheese Scones</p> <p>Canadian Bacon</p> <p>Mandarin Cuties</p> <p>Milk</p>
<p>Lunch: <u>1-2 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><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>Turkey Ala King w/ turkey, noodles, stuffing Green Beans Mandarin Oranges</p> <p>Milk</p>	<p>Egg Salad Sandwiches Snap Peas Diced Mango</p> <p>Milk</p>	<p>Spaghetti w/ ww pasta, ground turkey, marinara Broccoli Sliced Apples</p> <p>Milk</p>	<p>Fish Sticks Roll Sweet Potato Fries Blackberries</p> <p>Milk</p>	<p>Pulled Pork Sandwiches w/shredded pork, coleslaw, bbq sauce Sweet Potato Tots Roll Bananas</p> <p>Milk</p>
<p>Snack: <u>1-2 Infants and 3 - 5</u> Serve 2 components Vegetable or fruit: ½ cup Grain: ½ serving Meat/meat alternate: ½ oz</p>	<p>Naan Bread</p> <p>Carrot Sticks</p> <p>Water</p>	<p>Celery</p> <p>Cheese Sticks</p> <p>Water</p>	<p>Cottage Cheese</p> <p>Diced Peaches</p> <p>Water</p>	<p>Soft Pretzels</p> <p>Broccoli</p> <p>Water</p>	<p>Sliced Apples</p> <p>Sun Butter</p> <p>Granola</p> <p>Water</p>

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Menu Cycle week 6 **April 6 – 10**

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast: 1-2 Infants Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup</p> <p>3 - 5 Grain: 1/2 serving Fruit or vegetable: ½ cup 1% or nonfat Milk,: ¾ cup</p>	<p>Rice Krispies Hard Boiled Eggs Bananas</p> <p>Milk</p>	<p>Scrambled eggs w/cheese and sausage Diced Pears Tortilla</p> <p>Milk</p>	<p>Cream of Wheat Canadian Bacon Bananas</p> <p>Milk</p>	<p>Strawberry & Peach Yogurt Granola Apple slices</p> <p>Milk</p>	<p>Crepes Turkey Sausage Blackberries</p> <p>Milk</p>
<p>Lunch: 1-2 Infants Meat/meat alternate: 1 oz Grain: ½ serving Vegetable and/or fruit (2 or more, ¼ cup each) Milk: ½ cup</p> <p>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</p>	<p>Beef Broccoli Roll</p> <p>Carrot Sticks</p> <p>Apple slices</p> <p>Milk</p>	<p>Salad w/ ham, lettuce, tomatoes, carrots, cheese, croutons Roll Watermelon</p> <p>Milk</p>	<p>Chicken Noodle Soup Celery Sticks Cracker Sliced Apples</p> <p>Milk</p>	<p>Ham & Cheddar Sandwiches Broccoli Diced Peaches</p> <p>Milk</p>	<p>Beef Nachos w/ corn tortillas, ground beef, beans, corn, tomatoes, cilantro, cheese Tortillas Baked Asparagus Sliced Kiwi</p> <p>Milk</p>
<p>1-2 Infants and 3 - 5 Serve 2 components Vegetable or fruit; ½ cup Grain: ½ serving Meat/meat alternate: ½ oz</p>	<p>Goldfish Crackers Cheese Sticks Celery Water</p>	<p>Sliced Cheese Cauliflower</p> <p>Water</p>	<p>Colby Cheese Broccoli</p> <p>Water</p>	<p>Pita Bread Carrot Sticks Hummus Water</p>	<p>Granola Bananas</p> <p>Water</p>

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