

Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 1 January 19TH – 22nd 2021

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast: 3 - 5 Grain: 1/2 serving Fruit or vegetable: ½ cup 1% or nonfat Milk: ¾ cup</p> <p>Infants Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup</p>	<p>Holiday Academy Closed</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: ½ 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: ½ serving Vegetable and/or fruit (2 or more, ¼ cup each) Milk: ½ 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 & peas 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 Bananas</p> <p style="text-align: center;">Milk</p>
<p>Snack: 3 - 5 and Infants Serve 2 components Vegetable or fruit; ½ cup Grain: ½ serving Meat/meat alternate: ½ 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>Pitta bread Bananas</p> <p style="text-align: center;">Water</p>	<p>WGR soft pretzels Cauliflower</p> <p style="text-align: center;">Water</p>

Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 2 January 25TH -29th 2021

Meal Pattern	Monday	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>WG Rice Chex Turkey sausage Sliced oranges</p> <p style="text-align: center;">Milk</p>	<p>WGR Dutch waffles Canadian bacon Strawberries</p> <p style="text-align: center;">Milk</p>	<p>Cream of wheat Hardboiled egg Bananas</p> <p style="text-align: center;">Milk</p>	<p>Scrambled eggs W/ Colby jack cheese Biscuits Canned pears</p> <p style="text-align: center;">Milk</p>	<p>Blueberry muffin Yogurt Blueberries</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>Sweet & sour Beef meatballs Brown rice Peas Cantaloupe</p> <p style="text-align: center;">Milk</p>	<p>Chicken alfredo W/ pesto WGR Fettuccini noodle Caesar salad Garlic bread Mandarin oranges</p> <p style="text-align: center;">Milk</p>	<p>Meatloaf beef Mashed potatoes WGR roll Raspberries</p> <p style="text-align: center;">Milk</p>	<p>Taco salad W/ ground turkey Lettuce Cheddar cheese Salsa, sour cream WGR tortilla Pineapple</p> <p style="text-align: center;">Milk</p>	<p>WGR flat bread pizza Sausage crumbles Marinara sauce Mozzarella cheese Cauliflower Orange 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>Animal crackers Tropical fruit Pineapple, papaya, Guava, passion fruit</p> <p style="text-align: center;">Water</p>	<p>WGR Soft pretzels Cream cheese Blueberries</p> <p style="text-align: center;">Water</p>	<p>Graham crackers Apple slices</p> <p style="text-align: center;">Water</p>	<p>Cereal mix Carrot sticks</p> <p style="text-align: center;">Water</p>	<p>Banana bread Apple sauce</p> <p style="text-align: center;">Water</p>

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Menu Cycle Week 3 FEBRUARY 1ST - 5th 2021

Meal Pattern	Monday	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>Rice crispy cereal Canadian bacon Sliced apples</p> <p>Milk</p>	<p>Blueberry muffins String cheese Blueberries</p> <p>Milk</p>	<p>Cheese Sausage Crumble WGR scones Orange slices</p> <p>Milk</p>	<p>Scramble eggs WGR toast Canned peaches</p> <p>Milk</p>	<p>Sausage Biscuit Bites w/shredded cheese Sausage crumbles Cantaloupe</p> <p>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>Tater tot casserole W/ beef Cream of mushroom Peas & carrots WGR rolls Honey dew</p> <p>Milk</p>	<p>Mac & cheese WGR noodles Green salad Raspberries</p> <p>Milk</p>	<p>Beef stew W/ potatoes Corn & peas & carrots WGR roll blackberries</p> <p>Milk</p>	<p>Chef salad Green salad mix Turkey & ham Cheddar cheese Diced eggs Strawberries Oyster crackers</p> <p>Milk</p>	<p>Pesto chicken sliders WGR Slider buns Provolone cheese Sweet Potato Tots Pineapple</p> <p>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>Cauliflower WGR crackers</p> <p>Water</p>	<p>WGR Graham crackers Mangos</p> <p>Water</p>	<p>WGR goldfish crackers Carrot sticks</p> <p>Water</p>	<p>String cheese Celery sticks</p> <p>Water</p>	<p>Gram Crackers Tropical Fruit, Pineapple, papaya, Guava, passion fruit</p> <p>Water</p>

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Menu Cycle Week 4 FEBRUARY 8th – 12th 2021

Meal Pattern	Monday	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>Crispix Cereal Turkey sausage Banana</p> <p style="text-align: center;">Milk</p>	<p>Sausage Gravy WGR Biscuit Scrambled eggs Peaches</p> <p style="text-align: center;">Milk</p>	<p>Oatmeal Canadian Bacon Apple Sause</p> <p style="text-align: center;">Milk</p>	<p>WGR Life cereal Hard Boiled eggs Banana</p> <p style="text-align: center;">Milk</p>	<p>Buckwheat Pancakes Turkey sausage Mixed fruit</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>Chicken Pesto Sliders WGR roll Carrot sticks Orange slices</p> <p style="text-align: center;">Milk</p>	<p>Beef Taco salad Shredded lettuce Shredded cheese Sour cream WGR Tortilla Apple Slices</p> <p style="text-align: center;">Milk</p>	<p>Beef Stroganoff Egg noodles Cream of mushroom soup Green Peas WGR Pita bread Canned Pears</p> <p style="text-align: center;">Milk</p>	<p>Fish Sticks Tater Tots WGR roll Mango</p> <p style="text-align: center;">Milk</p>	<p>Chicken Bowl Mashed Potatoes Brown Gravy Shredded cheese Corn WGR roll Honey dew</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>Spinach Dip Naan Bread Sliced Zucchini</p> <p style="text-align: center;">Water</p>	<p>Sun Butter Celery sticks</p> <p style="text-align: center;">Water</p>	<p>WGR Goldfish Crackers Broccoli</p> <p style="text-align: center;">Water</p>	<p>String cheese Tropical fruit</p> <p style="text-align: center;">Water</p>	<p>Banana wraps Sun Butter WGR Tortilla</p> <p style="text-align: center;">Water</p>

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Menu Cycle Week 5 FEBRUARY 15th -19th 2021

Meal Pattern	Monday	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>Holiday Academy Closed</p>	<p>Yogurt WGR Granola Strawberries</p> <p>Milk</p>	<p>WGR Bagel Cream Cheese Turkey sausage Blueberries</p> <p>Milk</p>	<p>Oatmeal Hard boiled eggs Applesauce</p> <p>Milk</p>	<p>WGR Banana Cinnamon muffin String Cheese Orange slices</p> <p>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>Baked chicken Thighs Roasted red potatoes WGR roll Tropical fruit pineapple, papaya, Guava, passion fruit</p> <p>Milk</p>	<p>WGR English muffin Pizza Canadian Bacon Pineapple Green Salad Mandarin Oranges</p> <p>Milk</p>	<p>Chicken soup Potatoes Corn, Peas Carrots WGR Roll Blackberries</p> <p>Milk</p>	<p>Pork Fried Rice WGR Brown Rice Snap Peas Pineapple</p> <p>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>Cheese Sticks Apple slices</p> <p>Water</p>	<p>Soft Pretzels Carrot Sticks</p> <p>Water</p>	<p>Banana bread Canned Pears</p> <p>Water</p>	<p>WGR Crackers Broccoli</p> <p>Water</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

This institution is an equal opportunity provider and employer

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Menu Cycle week 6 FEBRUARY 22ND – 26th 2021

Meal Pattern	Monday	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 Canadian Bacon Banana</p> <p style="text-align: center;">Milk</p>	<p>Oatmeal Applesauce Turkey Sausage Blueberries</p> <p style="text-align: center;">Milk</p>	<p>Cream of Wheat Hard Boiled Eggs Applesauce</p> <p style="text-align: center;">Milk</p>	<p>English muffin Canadian Bacon Cheese slices Raspberries</p> <p style="text-align: center;">Milk</p>	<p>Cheese WGR Scones Turkey Sausage Canned Pears</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>Chicken Pot Pie Peas and Carrots Diced Potatoes Cream of Chicken Soup Pie crust WGR Crackers Blackberries</p> <p style="text-align: center;">Milk</p>	<p>Beef and Barley soup w/carrots Broccoli WGR Roll Peaches</p> <p style="text-align: center;">Milk</p>	<p>Sesame Asian Chicken Salad WGR Noodles Green Peas Mandarin Oranges</p> <p style="text-align: center;">Milk</p>	<p>Sloppy Joes Beef Man witch sauce WGR Buns Celery sticks Cantaloupe</p> <p style="text-align: center;">Milk</p>	<p>Fish sticks Tater Tots Sliced Apples WGR Roll</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>Soft WGR Pretzels Apples</p> <p style="text-align: center;">Water</p>	<p>WGR Goldfish crackers Snap Peas</p> <p style="text-align: center;">Water</p>	<p>Naan bread Broccoli</p> <p style="text-align: center;">Water</p>	<p>WGR crackers Sliced Oranges</p> <p style="text-align: center;">Water</p>	<p>Banana Bread Blackberries</p> <p style="text-align: center;">Water</p>