Tulalip Betty J. Taylor Early Learning Academy July 29-August 2, 2019

D						
7	Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
j K	3-5 Year old serving sizes					8
¥	Breakfast:					
Ĺ	Bread or cereal: 1/2 slice or	Bran Flakes	Turkey Sausage	Canadian Bacon and	WG Oatmeal	Blueberry, Banana 🛚 📐
<i>S</i>	1/3 cup dry cereal or 1/4	Hard Boiled Eggs	English Muffins	Cheese Scones	Cheese Sticks	Oatmeal cups
F	cup cooked cereal	Diced Pears	Peaches	Cottage Cheese	Blueberries	Turkey Sausage Patties
Ĺ	Fruit or veggie: 1/2 cup 1% or nonfat milk: 3/4 cup			Bananas		Raspberries 💍
<i>≥</i>	170 of Hornat Hills. 5/4 cup	Milk	Milk		Milk	<u> </u>
F				Milk		Milk
E	Lunch:					
₽ K	Meat/meat alternate: 1 1/2	Taco casserole w/	Fish Sticks	Turkey & Cheese	Tuna Casserole w/	Ravioli w/
F	0Z.	ground beef, refried	Sweet Potato fries	Sandwiches	noodles, peas, cream	hamburger, marinara
E	Grain or bread: 1/2 slice	beans, tortillas,	Roll	Carrots	of celery soup, bread	Green Salad
<i>₽</i>	Vegetable and/or fruit	cheese	Watermelon	Blueberries	crumbs	Garlic Bread
F	(2 or more):	Spanish Brown Rice		2.0.00000	Cucumber	Diced Pears
P	2 items 1/4 cup each	Diced Mango	Milk	Milk	Rolls	S
Z.	= 1/2 C. total 1% or nonfat Milk: 3/4 cup	Green Beans			Strawberries	Milk
F	1% or nomat wink: 3/4 cup					
		Milk			Milk	S
₽ X						9
F	Snack:					
P	Meat or meat alternate: 1/2	Orange Slices	Jicama	Strawberry & Banana	Hardboiled Eggs	Cucumbers
Z.	oz. Vegetable, fruit, or juice: 1/2 C. Bread or cereal: 1/2	Trail Mix w/Goldfish	Goldfish Crackers	Yogurt	Snap Peas	Crackers
F	slice or 1/3 cup dry, cereal	crackers, pretzels,	14/-1	Sliced Watermelon	NA/ - L	NA/a La c
2	or 1/4 cup cooked cereal.	raisins	Water	Matau	Water	Water §
Z.	1% or nonfat Milk: 1/2 cup	\\/a+o=		Water		
J.		Water				•
P	Notes/Dietary			Plain Yogurt		
Z.	Restrictions					
Ĕ	Formu	lla is served to infants, who	le milk is served to 1 year old	s, 1% milk is served to 2-5 year	ar olds. We do not serve pea	nuts. 🔍

Formula is served to infants, whole milk is served to 1 year olds, 1% milk is served to 2-5 year olds. We do not serve peanuts.

Allergy substitution needs medical documentation.

Tulalip Betty J. Taylor Early Learning Academy August 5 – 9, 2019

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
3-5 Year old Serving Sizes					
Breakfast: Bread or cereal: 1/2 slice or	Life Cereal	English Muffins	Strawberry & Banana	Egg Casserole w/tator	Pancakes
1/3 cup dry cereal	Canadian Bacon	Turkey Sausage	Yogurt	tots, spinach, cheese,	Scrambled Eggs
or 1/4 cup cooked cereal	Peaches	Blueberries	Toast	sausage	Blueberries
Fruit or vegetable: 1/2 C.			Raspberries	Toast	
1% or nonfat Milk, fluid: 3/4	Milk	Milk		Bananas	Milk
cup			Milk		
				Milk	
Notes/Dietary			Plain Yogurt		
Restrictions					
Lunch:			- I D: I I		
Meat/meat alternate: 1 1/2	Southwest Chicken	Chef's Salad	Turkey Pinwheels	Chef Salad w/lettuce,	Pizza Rolls w/crust,
oz. Grain or bread: 1/2 slice	Wraps w/ tortillas,	w/lettuce, turkey, boiled	w/cream cheese on	turkey, tomato, boiled	cheese, Canadian bac
Vegetable and/or fruit	black beans, green	eggs, diced tomatoes,	Tortillas	eggs, cheese	Caesar Salad
(2 or more):	onions, cilantro,	cheese	Cauliflower	Garlic Bread	Watermelon
2 items 1/4 cup each	spinach, red peppers,	Oyster Crackers	Strawberries	Diced Peaches	
= 1/2 C. total	sour cream, cheese	Strawberries	N 4:11		Milk
1% or nonfat Milk: 3/4 cup	Corn		Milk	b 4:11	
	Diced Mangos	Milk		Milk	
	N 4:11.	IVIIIK			
Snack:	Milk				
Meat or meat alternate: 1/2	Parmesan Zucchini	Flat Bread	Cheese Sticks	Cucumber	Cottage Cheese
oz. Vegetable, fruit, or juice	Goldfish Crackers	Sliced Oranges	Sliced Apples	Cracker	Diced Pears
1/2 C.	Goldiisii Clackers	Siliced Oraliges	Siliced Applies	CIACKEI	Diced Fedis
Bread or cereal: 1/2 slice or	Water	Water	Water	Water	Water
1/3 cup dry, cereal or	vvalei	vvalei	vvalei	vvalei	vvalei
1/4 cup cooked cereal					
1% or nonfat Milk, fluid: 1/2					
cup					

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Tulalip Betty J. Taylor Early Learning Academy August 12-16, 2019

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Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
3-5 Year old Serving					8
Sizes					
Breakfast:					Name of the second seco
<i>T</i>	Scrambled eggs	Dutch Waffles	Oatmeal	Rice Chex	Pancakes 😜
Bread or cereal: 1/2 slice	w/cheddar cheese	Raspberries	Cheese Sticks	Turkey Sausage	Blueberries
or 1/3 cup dry cereal or	Toast	Canadian Bacon	Sliced Oranges	Sliced Apples	Hardboiled Eggs
1/4 cup cooked cereal	Diced Peaches				
Fruit or vegetable: 1/2 C.		Milk	Milk	Milk	Milk
1% or nonfat Milk: 3/4 cup	Milk				8
<i>*</i>					
Lunch:					X
T	Cuban Rice & Beans	Tuna Sandwich	Tator Tot Casserole	Turkey & Cheddar	Taco Pizza w/flat bread
Meat/meat alternate: 1	w/chicken, black	Carrot Sticks	w/ground beef, white	Sandwich	ground beef, cheese,
1/2 oz.	beans, onions, bell	Diced Pears (C)	sauce	Carrot Sticks	tomatoes, onions, olives 🤱
Grain or bread: 1/2 slice	peppers, cilantro		Broccoli	Peaches	Snap peas
Vegetable and/or fruit	Carrots	Milk	Rolls		<u> </u>
(2 or more):	Sliced Apples		Apple Sauce	Milk	Sliced Apples
2 items 1/4 cup each = 1/2 C. total					
= 1/2 C. total 1% or nonfat Milk: 3/4 cup	Milk				Milk
1% of Hornat Wilk. 3/4 cup			Milk		<u>•</u>
<u> </u>					•
Snack:					8
7	Crackers	Carrot Sticks	Flat bread	Goldfish Crackers	Jicama Sticks
Meat or meat alternate:	Watermelon	Hummus	Snap Peas	Watermelon	Egg Salad
1/2 oz.					8
Vegetable, fruit, or juice:	Water	Water	Water	Water	Water
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: 1/2 cup					8
	nula is served to infants, who	ole milk is served to 1 year o	olds, 1% milk is served to 2-5 ye	ar olds No peanuts are se	rved •

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Tulalip Betty J. Taylor Early Learning Academy Menu Cycle Week 4 August 19–23, 2019

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
3-5 Year old Serving					
Sizes					
Breakfast:					
	Special K	Scrambled Eggs	Bagels w/cream cheese	Canadian Bacon	French Toast
Bread or cereal: 1/2 slice	Toast	English Muffins	Hardboiled Eggs	Toast	Turkey Sausage
or	Turkey Sausage	Apple Sauce	Blueberries	Bananas	Blackberries
1/3 cup dry cereal	Sliced Oranges	[- [
or 1/4 cup cooked cereal	Sheed Granges	Milk	Milk	Milk	Milk
Fruit or vegetable: 1/2 C.	Milk	IVIIIK	IVIIIX	IVIIIK	IVIIIK
1% or nonfat Milk: 3/4 cup	IVIIIK				
Lunch:					
	Cobb Salad	Chicken Taco Alfredo w/	Tuna Sandwiches	Beef Stroganoff	Tator Tot Chili Casserol
Meat/meat alternate: 1	w/chicken, lettuce,	black beans, cheese,	Broccoli	w/ground beef,	w/cheese
1/2 oz.	eggs, tomatoes,	rotini pasta	Raspberries	noodles, sour cream,	Peas
Grain or bread: 1/2 slice	cheese	Green Salad		mushrooms	Rolls
Vegetable and/or fruit	Garlic Bread	Garlic Bread	Milk	Carrots	Diced Pears
(2 or more):	Diced Pears	Raspberries	IVIIIX	Sliced Apples	Dicea rears
2 items 1/4 cup each	Diced Fears	Raspberries		Sinced Apples	Milk
= 1/2 C. total	Milk	Milk		Milk	IVIIIK
1% or nonfat Milk, fluid:	IVIIIK	IVIIIK		IVIIIK	
3/4 cup					
Snack:					
	Apple Slices	Banana Wraps	Goldfish Crackers	Cauliflower w/ranch	Tropical Fruit w/
Meat or meat alternate:	Pretzels	w/tortillas	Sliced Watermelon	Flat bread	pineapple, papaya,
1/2 oz.		Sun butter			guava, passionfruit
Vegetable, fruit, or juice:	Water	Cheese Sticks	Water	Water	Cheese Sticks
1/2 C.					
Bread or cereal: 1/2 slice		Water			Water
or 1/3 cup dry, cereal or		vvacci			VVacci
1/4 cup cooked cereal					
1% or nonfat Milk,: 1/2					
cup					

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