

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

Meal Pattern 3-5 Year old serving sizes	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Bread or cereal: 1/2 slice or 1/3 cup dry cereal or 1/4 cup cooked cereal Fruit or veggie: 1/2 cup 1% or nonfat milk: 3/4 cup	Bran Flakes Hard Boiled Eggs Diced Pears Milk	Turkey Sausage English Muffins Peaches Milk	Canadian Bacon and Cheese Scones Cottage Cheese Bananas Milk	WG Oatmeal Cheese Sticks Blueberries Milk	Blueberry, Banana Oatmeal cups Turkey Sausage Patties Raspberries Milk
Lunch: Meat/meat alternate: 1 1/2 oz. Grain or bread: 1/2 slice Vegetable and/or fruit (2 or more): <u>2 items</u> 1/4 cup each = 1/2 C. total 1% or nonfat Milk: 3/4 cup	Taco casserole w/ ground beef, refried beans, tortillas, cheese Spanish Brown Rice Diced Mango Green Beans Milk	Fish Sticks Sweet Potato fries Roll Watermelon Milk	Turkey & Cheese Sandwiches Carrots Blueberries Milk	Tuna Casserole w/ noodles, peas, cream of celery soup, bread crumbs Cucumber Rolls Strawberries Milk	Ravioli w/ hamburger, marinara Green Salad Garlic Bread Diced Pears Milk
Snack: Meat or meat alternate: 1/2 oz. Vegetable, fruit, or juice: 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	Orange Slices Trail Mix w/Goldfish crackers, pretzels, raisins Water	Jicama Goldfish Crackers Water	Strawberry & Banana Yogurt Sliced Watermelon Water	Hardboiled Eggs Snap Peas Water	Cucumbers Crackers Water
Notes/Dietary Restrictions			Plain Yogurt		

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

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

Meal Pattern 3-5 Year old Serving Sizes	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Bread or cereal: 1/2 slice or 1/3 cup dry cereal or 1/4 cup cooked cereal Fruit or vegetable: 1/2 C. 1% or nonfat Milk: 3/4 cup	Scrambled eggs w/cheddar cheese Toast Diced Peaches Milk	Dutch Waffles Raspberries Canadian Bacon Milk	Oatmeal Cheese Sticks Sliced Oranges Milk	Rice Chex Turkey Sausage Sliced Apples Milk	Pancakes Blueberries Hardboiled Eggs Milk
Lunch: Meat/meat alternate: 1 1/2 oz. Grain or bread: 1/2 slice Vegetable and/or fruit (2 or more): <u>2 items 1/4 cup each</u> = 1/2 C. total 1% or nonfat Milk: 3/4 cup	Cuban Rice & Beans w/chicken, black beans, onions, bell peppers, cilantro Carrots Sliced Apples Milk	Tuna Sandwich Carrot Sticks Diced Pears (C) Milk	Tator Tot Casserole w/ground beef, white sauce Broccoli Rolls Apple Sauce Milk	Turkey & Cheddar Sandwich Carrot Sticks Peaches Milk	Taco Pizza w/flat bread ground beef, cheese, tomatoes, onions, olives Snap peas Sliced Apples Milk
Snack: Meat or meat alternate: 1/2 oz. Vegetable, fruit, or juice: 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	Crackers Watermelon Water	Carrot Sticks Hummus Water	Flat bread Snap Peas Water	Goldfish Crackers Watermelon Water	Jicama Sticks Egg Salad Water

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

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

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