

# Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 1    **NOVEMBER 16<sup>th</sup> – 20<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: 1/2 cup 1% or nonfat Milk: 3/4 cup</p> <p><b>Infants</b> Grains: 1/2 serving Fruit or vegetable: 1/4 cup Milk: 1/2 cup</p>	<p><b>Life cereal</b> <b>Hard boiled eggs</b> <b>Bananas</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Potatoes bowls</b> <b>W/eggs, cheese</b> <b>Sausage crumbles</b> <b>WGR toast</b> <b>Blackberries</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>English muffin</b> <b>Hardboiled egg</b> <b>Orange slices</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Yogurt</b> <b>WGR granola</b> <b>Canned pears</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>French toast</b> <b>Turkey sausage</b> <b>Strawberries</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: 1/2 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: 1/2 serving Vegetable and/or fruit (2 or more, 1/4 cup each) Milk: 1/2 cup</p>	<p><b>Spaghetti beef</b> <b>Marinara sauce</b> <b>WGR noodles</b> <b>Green salad</b> <b>Garlic bread</b> <b>Mandarin oranges</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Cheese tortellini</b> <b>Chicken soup</b> <b>W/spinach</b> <b>WGR rolls</b> <b>Carrots</b> <b>Pineapple</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Pulled pork</b> <b>Sandwich</b> <b>WGR hamburger bun</b> <b>Corn</b> <b>Apple sauce</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Chicken salad</b> <b>Green salad</b> <b>Mozzarella cheese</b> <b>Oyster crackers</b> <b>Mangoes</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Ham &amp; cheese</b> <b>WGR slider buns</b> <b>Tater tots</b> <b>Apple slices</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; 1/2 cup Grain: 1/2 serving Meat/meat alternate: 1/2 oz</p>	<p><b>Oatmeal bites</b> <b>Blueberries</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Crackers</b> <b>Apple slices</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Pita bread</b> <b>Celery sticks</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Crackers</b> <b>Bananas</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Soft pretzels</b> <b>Cauliflower</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 2 NOVEMBER 23<sup>rd</sup> -27<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>Rice Chex</b> <b>Turkey sausage</b> <b>Sliced oranges</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Dutch waffles</b> <b>Canadian bacon</b> <b>Strawberries</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Cream of wheat</b> <b>Hardboiled egg</b> <b>Bananas</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Scrambled eggs</b> <b>W/ Colby jack cheese</b> <b>Biscuits</b> <b>Canned pears</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Blueberry muffin</b> <b>Yogurt</b> <b>Blueberries</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>Sweet &amp; sour</b> <b>Beef meatballs</b> <b>Brown rice</b> <b>Peas</b> <b>Cantaloupe</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Chicken alfredo</b> <b>W/ pesto</b> <b>WGR Fettuccini noodle</b> <b>Caesar salad</b> <b>Garlic bread</b> <b>Mandarin oranges</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Meatloaf beef</b> <b>Mashed potatoes</b> <b>WGR roll</b> <b>Raspberries</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Taco salad</b> <b>W/ ground turkey</b> <b>Lettuce</b> <b>Cheddar cheese</b> <b>Salsa, sour cream</b> <b>WGR tortilla</b> <b>Pineapple</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>WGR flat bread pizza</b> <b>Sausage crumbles</b> <b>Marinara sauce</b> <b>Mozzarella cheese</b> <b>Orange slices</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>Animal crackers</b> <b>Tropical fruit</b> <b>Pineapple, papaya,</b> <b>Guava, passion fruit</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Soft pretzels</b> <b>Cream cheese</b> <b>Blueberries</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Graham crackers</b> <b>Apple slices</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Cereal mix</b> <b>Carrot sticks</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Banana bread</b> <b>Apple sauce</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 3 NOVEMBER 30<sup>th</sup> -DECEMBER 4<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: ¼ cup</p> <p><b>Infants</b> Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup</p>	<p>Rice crispy cereal Canadian bacon Sliced apples</p> <p><b>Milk</b></p>	<p>Blueberry muffins String cheese Blueberries</p> <p><b>Milk</b></p>	<p>Cheese Sausage Crumble WGR scones Orange slices</p> <p><b>Milk</b></p>	<p>Scramble eggs WGR toast Canned peaches</p> <p><b>Milk</b></p>	<p>Sausage Biscuit Bites w/shredded cheese Sausage crumbles Cantaloupe</p> <p><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>Tater tot casserole W/ beef Cream of mushroom Peas &amp; carrots WGR rolls Honey dew</p> <p><b>Milk</b></p>	<p>Mac &amp; cheese WGR noodles Green salad Raspberries</p> <p><b>Milk</b></p>	<p>Beef stew W/ potatoes Corn &amp; peas &amp; carrots WGR roll blackberries</p> <p><b>Milk</b></p>	<p>Chef salad Green salad mix Turkey &amp; ham Cheddar cheese Diced eggs Strawberries Oyster crackers</p> <p><b>Milk</b></p>	<p>Pesto chicken sliders WGR Slider buns Provolone cheese Sweet Potato Tots Pineapple</p> <p><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>Cauliflower WGR crackers</p> <p><b>Water</b></p>	<p>Graham crackers Mangos</p> <p><b>Water</b></p>	<p>Goldfish crackers Carrot sticks</p> <p><b>Water</b></p>	<p>String cheese Celery sticks</p> <p><b>Water</b></p>	<p>Gram Crackers Tropical Fruit, Pineapple, papaya, Guava, passion fruit</p> <p><b>Water</b></p>

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# Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 4 DECEMBER 7<sup>th</sup> -DECEMBER 11<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: 1/2 cup 1% or nonfat Milk: 3/4 cup</p> <p><b>Infants</b> Grains: 1/2 serving Fruit or vegetable: 1/4 cup Milk: 1/2 cup</p>	<p><b>Crispix Cereal</b> <b>Turkey sausage</b> <b>Banana</b></p> <p><b>Milk</b></p>	<p><b>Sausage Gravy</b> <b>WGR Biscuit</b> <b>Scrambled eggs</b> <b>Peaches</b></p> <p><b>Milk</b></p>	<p><b>Oatmeal</b> <b>Canadian Bacon</b> <b>Apple Sause</b></p> <p><b>Milk</b></p>	<p><b>Life cereal</b> <b>Hard Boiled eggs</b> <b>Banana</b></p> <p><b>Milk</b></p>	<p><b>Buckwheat Pancakes</b> <b>Turkey sausage</b> <b>Mixed fruit</b></p> <p><b>Milk</b></p>
<p><b>Lunch:</b> <b>3 - 5</b> 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><b>Infants</b> 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><b>Chicken Pesto Sliders</b> <b>WGR roll</b> <b>Carrot sticks</b> <b>Orange slices</b></p> <p><b>Milk</b></p>	<p><b>Beef Taco salad</b> <b>Shredded lettuce</b> <b>Shredded cheese</b> <b>Sour cream</b> <b>WGR Tortilla</b> <b>Apple Slices</b></p> <p><b>Milk</b></p>	<p><b>Beef Stroganoff</b> <b>Egg noodles</b> <b>Cream of mushroom</b> <b>soup</b> <b>Green Peas</b> <b>WGR Pita bread</b> <b>Canned Pears</b></p> <p><b>Milk</b></p>	<p><b>Fish Sticks</b> <b>Tater Tots</b> <b>WGR roll</b> <b>Mango</b></p> <p><b>Milk</b></p>	<p><b>Chicken Bowl</b> <b>Mashed Potatoes</b> <b>Brown Gravy</b> <b>Shredded cheese</b> <b>Corn</b> <b>WGR roll</b> <b>Honey dew</b></p> <p><b>Milk</b></p>
<p><b>Snack:</b> <b>3 - 5 and Infants</b> Serve 2 components Vegetable or fruit; 1/2 cup Grain: 1/2 serving Meat/meat alternate: 1/2 oz</p>	<p><b>Spinach Dip</b> <b>Naan Bread</b> <b>Sliced Zucchini</b></p> <p><b>Water</b></p>	<p><b>Sun Butter</b> <b>Celery sticks</b></p> <p><b>Water</b></p>	<p><b>Goldfish</b> <b>Crackers</b> <b>Broccoli</b></p> <p><b>Water</b></p>	<p><b>String cheese</b> <b>Tropical fruit</b></p> <p><b>Water</b></p>	<p><b>Banana wraps</b> <b>Sun Butter</b> <b>WGR Tortilla</b></p> <p><b>Water</b></p>

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# Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 5 DECEMBER 14<sup>th</sup> -DECEMBER 18th 2020

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Breakfast:</b> <b>3 - 5</b> Grain: 1/2 serving Fruit or vegetable: 1/2 cup 1% or nonfat Milk: 3/4 cup</p> <p><b>Infants</b> Grains: 1/2 serving Fruit or vegetable: 1/4 cup Milk: 1/2 cup</p>	<p><b>Cheerios</b> <b>Hard Boiled Eggs</b> <b>Orange Slices</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Yogurt</b> <b>WGR Granola</b> <b>Strawberries</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>WGR Bagel</b> <b>Cream Cheese</b> <b>Turkey sausage</b> <b>Blueberries</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Oatmeal</b> <b>Hard boiled eggs</b> <b>Applesauce</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Banana Cinnamon Muffin</b> <b>String Cheese</b> <b>Orange slices</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: 1/2 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: 1/2 serving Vegetable and/or fruit (2 or more, 1/4 cup each) Milk: 1/2 cup</p>	<p><b>Enchilada Casserole</b> <b>Beef</b> <b>Refried beans</b> <b>WGR Tortilla</b> <b>Enchilada sauce</b> <b>Corn</b> <b>Canned Pears</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Baked chicken Thighs</b> <b>Roasted red potatoes</b> <b>WGR roll</b> <b>Tropical fruit</b> <b>pineapple, papaya,</b> <b>Guava, passion fruit</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>WGR English muffin</b> <b>Pizza</b> <b>Canadian Bacon</b> <b>Pineapple</b> <b>Green Salad</b> <b>Mandarin Oranges</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Chicken soup</b> <b>Potatoes</b> <b>Corn, Peas</b> <b>Carrots</b> <b>WGR Roll</b> <b>Blackberries</b></p> <p style="text-align: center;"><b>Milk</b></p>	<p><b>Pork Fried Rice</b> <b>WGR Brown Rice</b> <b>Snap Peas</b> <b>Pineapple</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; 1/2 cup Grain: 1/2 serving Meat/meat alternate: 1/2 oz</p>	<p><b>Goldfish Crackers</b> <b>Peaches</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Cheese Sticks</b> <b>Apple slices</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Soft Pretzels</b> <b>Carrot Sticks</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Banana bread</b> <b>Canned Pears</b></p> <p style="text-align: center;"><b>Water</b></p>	<p><b>Crackers</b> <b>Broccoli</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 DECEMBER 21<sup>st</sup> – DECEMBER 25<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>Life cereal</b> <b>Canadian Bacon</b> <b>Banana</b></p> <p><b>Milk</b></p>	<p><b>Oatmeal</b> <b>Applesauce</b> <b>Turkey Sausage</b> <b>Blueberries</b></p> <p><b>Milk</b></p>	<p><b>Cream of Wheat</b> <b>Hard Boiled Eggs</b> <b>Applesauce</b></p> <p><b>Milk</b></p>	<p><b>English muffin</b> <b>Canadian Bacon</b> <b>Cheese slices</b> <b>Raspberries</b></p> <p><b>Milk</b></p>	<p><b>Cheese Scones</b> <b>Turkey Sausage</b> <b>Canned Pears</b></p> <p><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>Chicken Pot Pie</b> <b>Peas and Carrots</b> <b>Diced Potatoes</b> <b>Cream of Chicken</b> <b>Soup</b> <b>Pie crust</b> <b>WGR Crackers</b> <b>Blackberries</b></p> <p><b>Milk</b></p>	<p><b>Beef and Barley soup</b> <b>w/carrots</b> <b>Broccoli</b> <b>WGR Roll</b> <b>Peaches</b></p> <p><b>Milk</b></p>	<p><b>Sesame Asian Chicken</b> <b>Salad</b> <b>WGR Noodles</b> <b>Green Peas</b> <b>Mandarin Oranges</b></p> <p><b>Milk</b></p>	<p><b>Sloppy Joes Beef</b> <b>Man witch sauce</b> <b>WGR Buns</b> <b>Celery sticks</b> <b>Cantaloupe</b></p> <p><b>Milk</b></p>	<p><b>Fish sticks</b> <b>Tater Tots</b> <b>Sliced Apples</b> <b>WGR Roll</b></p> <p><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>Soft Pretzels</b> <b>Apples</b></p> <p><b>Water</b></p>	<p><b>Goldfish crackers</b> <b>Snap Peas</b></p> <p><b>Water</b></p>	<p><b>Naan bread</b> <b>Broccoli</b></p> <p><b>Water</b></p>	<p><b>Crackers</b> <b>Sliced Oranges</b></p> <p><b>Water</b></p>	<p><b>Banana Bread</b> <b>Blackberries</b></p> <p><b>Water</b></p>

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