

Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 1 October 5th – 9th 2020

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast: 3 - 5 Grain: 1/2 serving Fruit or vegetable: ½ cup 1% or nonfat Milk: ¼ cup</p> <p>Infants Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup</p>	<p>Sausage gravy Biscuits Turkey sausage Orange slices</p> <p style="text-align: center;">Milk</p>	<p>Scrambled eggs W/ cheese toast Apple sauce</p> <p style="text-align: center;">Milk</p>	<p>Cream of wheat Canadian bacon Canned peaches</p> <p style="text-align: center;">Milk</p>	<p>Biscuit sandwich Turkey sausage Cheddar cheese Canned Mandarin oranges</p> <p style="text-align: center;">Milk</p>	<p>Buckwheat Pancakes Canadian bacon Mixed fruit</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>Chicken stuffing casserole garlic chicken cream of chicken soup, stuffing green beans Blueberries</p> <p style="text-align: center;">Milk</p>	<p>Taco salad (Beef) Shredded lettuce Shredded cheese Sour cream, salsa tortillas Watermelon</p> <p style="text-align: center;">Milk</p>	<p>Hot turkey Sandwich toast Mashed potatoes Turkey gravy raspberries</p> <p style="text-align: center;">Milk</p>	<p>Hamburger soup w/potatoes, green beans, carrots, corn roll Sliced apples</p> <p style="text-align: center;">Milk</p>	<p>Sloppy joes (beef) bun Tatar tots Watermelon</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>Sliced cheese Naan bread Celery sticks</p> <p style="text-align: center;">Water</p>	<p>Oatmeal bites bananas</p> <p style="text-align: center;">Water</p>	<p>Stone ground crackers Cheese sticks Carrot sticks</p> <p style="text-align: center;">Water</p>	<p>Graham crackers Canned pears</p> <p style="text-align: center;">Water</p>	<p>Blueberry frozen yogurt Goldfish Blueberries</p> <p style="text-align: center;">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

Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 2 October 12th -16th 2020

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast:</p> <p><u>3 - 5</u> Grain: 1/2 serving Fruit or vegetable: ½ cup 1% or nonfat Milk; ¾ cup</p> <p><u>Infants</u> Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup</p>	Dutch waffle Hard boiled eggs strawberries Milk	Yogurt Blueberries granola Milk	Apple cinnamon oatmeal toast Turkey sausage Bananas Milk	Chex cereal String cheese Orange slices Milk	Life cereal Canadian bacon bananas Milk
<p>Lunch:</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><u>Infants</u> Meat/meat alternate: 1 oz Grain: ½ serving Vegetable and/or fruit (2 or more, ¼ cup each) Milk: ½ cup</p>	Chicken pot pie Cream of chicken soup Peas & carrots Pie crust Green salad Apple slices Milk	Fish sticks, Tater tots roll Mango Milk	Baked pork chops Stuffing Green beans Applesauce Milk	Beef goulash macaroni noodles Corn Garlic bread raspberries Milk	Tomatoes soup Grilled cheese bread pineapple Milk
<p>Snack:</p> <p><u>3 – 5 and Infants</u> Serve 2 components Vegetable or fruit; ½ cup Grain: ½ serving Meat/meat alternate: ½ oz</p>	Banana wrap tortilla Sun butter Water	String cheese Snap peas Water	Graham crackers Honey dew Water	Carrot sticks goldfish Water	Cereal mix Sliced apples Water

Foods containing peanuts will not be served. Allergy substitution requires medical documentation.

One Whole Grain food item is required daily

Betty J. Taylor Early Learning Academy

Menu Cycle Week 3 October 19th -23rd 2020

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast:</p> <p>3 - 5</p> <p>Grain: 1/2 serving Fruit or vegetable: ½ cup 1% or nonfat Milk: ¾ cup</p> <p>Infants</p> <p>Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup</p>	<p>Apple cinnamon scones Applesauce Turkey sausage</p> <p>Milk</p>	<p>Breakfast sandwich Canadian bacon Cheddar cheese English muffin Blueberries</p> <p>Milk</p>	<p>Scrambled eggs W/ salsa, cheese WW tortilla Tropical fruit Pineapple, papaya, guava, passion fruit</p> <p>Milk</p>	<p>WW toast Boiled eggs Raspberries</p> <p>Milk</p>	<p>Cheerios Turkey sausage Cantaloupe</p> <p>Milk</p>
<p>Lunch:</p> <p>3 - 5</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>Infants</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>Mac& cheese Garlic bread Peas& carrots blackberries</p> <p>Milk</p>	<p>Baked chicken Roasted red potatoes roll Mandarin Oranges</p> <p>Milk</p>	<p>Black beans Cheddar cheese Quesadilla Corn mangoes</p> <p>Milk</p>	<p>Turkey sandwich bread Colby jack Cheese Celery sticks Canned Peaches</p> <p>Milk</p>	<p>Spaghetti (Beef) Marinara Garlic bread Peas Honey dew</p> <p>Milk</p>
<p>Snack:</p> <p>3 – 5 and Infants</p> <p>Serve 2 components Vegetable or fruit; ½ cup Grain: ½ serving Meat/meat alternate: ½ oz</p>	<p>crackers Apple slices</p> <p>Water</p>	<p>Cauliflower Cheese sticks</p> <p>Water</p>	<p>Zucchini sticks pretzels</p> <p>Water</p>	<p>Yogurt</p> <p>Strawberries</p> <p>Water</p>	<p>Oatmeal bites bananas</p> <p>Water</p>

Foods containing peanuts will not be served. Allergy substitution requires medical documentation.

One Whole Grain food item is required daily

Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 4 OCTOBER 26th – 30th 2020

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast:</p> <p><u>3 - 5</u> Grain: 1/2 serving Fruit or vegetable: ½ cup 1% or nonfat Milk: ¼ cup</p> <p><u>Infants</u> Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup</p>	<p>Oatmeal Turkey sausage bananas</p> <p>Milk</p>	<p>Sausage bites Sausage crumbles Bisquick Shredded cheese Orange slices</p> <p>Milk</p>	<p>Cheerios Sliced oranges String cheese</p> <p>Milk</p>	<p>Breakfast sandwich WW English muffin Canadian bacon Cheddar cheese Apple sauce</p> <p>Milk</p>	<p>WW French toast Scrambled eggs strawberries</p> <p>Milk</p>
<p>Lunch:</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><u>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>Beef taco soup Black beans, chili beans, corn, ranch mix, cheese, naan bread, green salad Apple slices</p> <p>Milk</p>	<p>Ham& Cheese WW slider bun Colby jack cheese Carrot sticks Canned Peaches</p> <p>Milk</p>	<p>Marinara& chicken Mozzarella sliders WW slider bun Steamed cauliflower Canned pears</p> <p>Milk</p>	<p>Green salad Garlic chicken Croutons, parmesan cheese, garlic bread blueberries</p> <p>Milk</p>	<p>Hamburger soup Potatoes, carrots, Green beans celery Corn WW Rolls Mixed fruit</p> <p>Milk</p>
<p>Snack:</p> <p><u>3 – 5 and Infants</u> Serve 2 components Vegetable or fruit; ½ cup Grain: ½ serving Meat/meat alternate: ½ oz</p>	<p>Egg salad Flat bread Carrot sticks</p> <p>Water</p>	<p>Soft pretzels Broccoli</p> <p>Water</p>	<p>Carrot sticks WW gold fish</p> <p>Water</p>	<p>Cheese slice WW cracker Celery sticks</p> <p>Water</p>	<p>Naan bread Sliced apples</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

Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 5 NOVEMBER 2ND – 6TH 2020

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast:</p> <p>3 - 5 Grain: 1/2 serving Fruit or vegetable: ½ cup 1% or nonfat Milk, ¼ cup</p> <p>Infants Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup</p>	<p>Chex cereal Turkey Sausage Tropical fruit Pineapple ,guava Passion fruit,</p> <p style="text-align: center;">Milk</p>	<p>Yogurt WW Cheerios strawberries</p> <p style="text-align: center;">Milk</p>	<p>English muffin Hard boiled eggs Canned pears</p> <p style="text-align: center;">Milk</p>	<p>WW bagels Scrambled eggs W/ cheese strawberries</p> <p style="text-align: center;">Milk</p>	<p>WW French toast Mixed berry compote Turkey sausage</p> <p style="text-align: center;">Milk</p>
<p>Lunch:</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>Infants Meat/meat alternate: 1 oz Grain: ½ serving Vegetable and/or fruit (2 or more, ¼ cup each) Milk: ½ c</p>	<p>Flat bread pizza Marinara sauce sausage crumbles mozzarella cheese Celery sticks Cantaloupe</p> <p style="text-align: center;">Milk</p>	<p>Chef salad mix turkey ham cheddar cheese eggs oyster crackers apple slices</p> <p style="text-align: center;">Milk</p>	<p>Chili beans Cheddar cheese sour cream corn bread green beans canned peaches</p> <p style="text-align: center;">Milk</p>	<p>Pork chops Roasted red potatoes Garlic bread Sliced apples</p> <p style="text-align: center;">Milk</p>	<p>Turkey Tatar tot casserole green beans WW roll mixed fruit</p> <p style="text-align: center;">Milk</p>
<p>Snack:</p> <p>3 – 5 and Infants Serve 2 components Vegetable or fruit; ½ cup Grain: ½ serving Meat/meat alternate: ½ oz</p>	<p>Apple slices Sun butter</p> <p style="text-align: center;">Water</p>	<p>Animal crackers Canned peaches</p> <p style="text-align: center;">Water</p>	<p>Celery sticks crackers</p> <p style="text-align: center;">Water</p>	<p>Yogurt WW granola Blueberries</p> <p style="text-align: center;">Water</p>	<p>Banana wraps WW tortilla Sun butter</p> <p style="text-align: center;">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

Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle week 6 NOVEMBER 9TH -13TH 2020

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast:</p> <p><u>3 - 5</u></p> <p>Grain: 1/2 serving Fruit or vegetable: ½ cup 1% or nonfat Milk, ¼ cup</p> <p>Infants</p> <p>Grains: ½ serving Fruit or vegetable: ¼ cup Milk: ½ cup</p>	<p>Life cereal Canadian bacon Canned Pears</p> <p style="text-align: center;">Milk</p>	<p>Blueberry muffins Cheese sticks blueberries</p> <p style="text-align: center;">Milk</p>	<p>Cream of wheat hard boiled eggs orange slices</p> <p style="text-align: center;">Milk</p>	<p>Oatmeal Turkey sausage blueberries</p> <p style="text-align: center;">Milk</p>	<p>Pancakes Scrambled eggs Mixed fruit compote</p> <p style="text-align: center;">Milk</p>
<p>Lunch:</p> <p><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>Infants</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>Ham& potato soup Diced ham, diced red potatoes, carrots, celery, oyster crackers, sliced oranges</p> <p style="text-align: center;">Milk</p>	<p>Chopped chicken Salad Green salad, shredded carrots, Ranch roll Blackberries</p> <p style="text-align: center;">Milk</p>	<p>Turkey and Cheese pinwheels tortillas Cream cheese Sliced cheese Celery sticks Apple slices</p> <p style="text-align: center;">Milk</p>	<p>Chicken pesto sandwich slider buns Carrot sticks Mandarin oranges</p> <p style="text-align: center;">Milk</p>	<p>Hamburger Gravy Brown Rice Tatar Tots Mixed fruit</p> <p style="text-align: center;">Milk</p>
<p>Snack:</p> <p><u>3 – 5 and Infants</u></p> <p>Serve 2 components Vegetable or fruit; ½ cup Grain: ½ serving Meat/meat alternate: ½ oz</p>	<p>Celery sticks Cream cheese Goldfish</p> <p style="text-align: center;">Water</p>	<p>Soft pretzels Sun butter bananas</p> <p style="text-align: center;">Water</p>	<p>Cheese scones Canned peaches</p> <p style="text-align: center;">Water</p>	<p>Banana wrap Sun butter tortilla</p> <p style="text-align: center;">Water</p>	<p>Animal crackers Cheese sticks Watermelon</p> <p style="text-align: center;">Water</p>

Foods containing peanuts will not be served. Allergy substitution requires medical documentation.

One Whole Grain food item is required daily