

Tulalip Betty J. Taylor Early Learning Academy
September 9 - 13, 2019

Meal Pattern 3-5 Year old Serving Sizes	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: <ul style="list-style-type: none"> ● 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 	Bran Flakes Hard Boiled Eggs Diced Pears Milk	Turkey Sausage English Muffins Peaches Milk	Bagels w/ cream cheese Canadian Bacon Bananas Milk	Life Cereal Hard Boiled Eggs Diced Pears Milk	Blueberry, Banana, Oatmeal cups Turkey Sausage Patties Raspberries Milk
Notes/Dietary Restrictions					
Lunch: <ul style="list-style-type: none"> ● Meat/meat alternate: 1 1/2 oz. ● Grain or bread: 1/2 slice ● Vegetable and/or fruit (2 or more): 2 items 1/4 cup each = 1/2 C. total ● 1% or nonfat Milk, fluid: 3/4 cup 	Pepper Casserole w/ ground beef, diced peppers, onions, corn, brown rice, cheese Green Beans Apple Slices Milk	Sloppy Joe Green Salad Mangos Milk	Egg Salad Celery Sticks Tropical Fruits w/ pineapple, papaya, guava, passionfruit Milk	White Bean Turkey Chili Corn Muffins Corn Diced Peaches milk	Baked Macaroni & Cheese Tangy Carrot Slaw Garlic Bread Sliced Kiwi Milk
Notes/Dietary Restrictions					
Snack: (Items from 2 food groups) <ul style="list-style-type: none"> ● 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 2 food groups	Orange Slices Trail Mix w/Goldfish crackers, Pretzels, raisins Water	Jicama Goldfish Crackers Water	Strawberry & Banana Yogurt Raspberries Water	Cheese Sticks Apple Slices 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 will. Allergy substitution needs medical documentation.

Tulalip Betty J. Taylor Early Learning Academy
September 16 – 20, 2019

Meal Pattern 3-5 Year old Serving Sizes	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: <ul style="list-style-type: none"> ● 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 	WG Life Cereal Canadian Bacon Diced Peaches Milk	WW Toast Turkey Sausage Blueberries Milk	Strawberry & Banana Yogurt Toast Raspberries Milk	Scrambled Eggs w/ Canadian bacon, cheddar cheese, Toast Raspberries Milk	Overnight Breakfast Enchiladas w/ cheddar, green onion, Canadian bacon, eggs, corn tortillas Bananas Milk
Notes/Dietary Restrictions			Plain Yogurt		
Lunch: <ul style="list-style-type: none"> ● Meat/meat alternate: 1 1/2 oz. ● Grain or bread: 1/2 slice ● Vegetable and/or fruit (2 or more): 2 items 1/4 cup each = 1/2 C. total ● 1% or nonfat Milk, fluid: 3/4 cup 	Shredded Chicken Sandwiches, shredded cheese Carrot Sticks Bananas Milk	Lasagna w/hamburger, pasta, mozzarella, ricotta, parmesan cheese, marinara Garlic Bread Corn Diced Pears Milk	Chicken Alfredo Rolls Steamed Broccoli Orange Slices Milk	Mexican Cob Salad w/ chicken, cheese, black beans, boiled egg, tomato, corn Tortillas Mangos Milk	Pizza Rolls w/ cheese, Canadian bacon Caesar Salad Watermelon Milk
Notes/Dietary Restrictions				Bananas	
Snack: (Items from 2 food groups) <ul style="list-style-type: none"> ● 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 2 food groups	Parmesan Zucchini Goldfish Crackers Water	Flat Bread Oranges Slices Water	Cheese Sticks Snap Peas Water	Celery Sliced Cheese Water	Cottage Cheese Diced Pears water
Notes/Dietary Restrictions					

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Tulip Betty J. Taylor Early Learning Academy
September 23 - 27, 2019

Meal Pattern 3-5 Year old Serving Sizes	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: <ul style="list-style-type: none"> ● 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 	Kix Cereal Hard Boiled Eggs Apple Slices Milk	Dutch Waffles Raspberries Canadian Bacon Milk	Old Fashion Oatmeal Cheese Sticks Bananas Milk	Bran Flakes Turkey Sausage Oranges Slices Milk	Pancakes Blueberries Hardboiled Eggs Milk
Notes/Dietary Restrictions					
Lunch: <ul style="list-style-type: none"> ● 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, fluid: 3/4 cup 	Cuban Brown Rice & Beans w/ chicken, black beans, onions, bell peppers, cilantro, brown rice Carrots Honeydew Milk	Chef's Salad w/lettuce, turkey, boiled eggs, diced tomatoes, cheese Oyster Crackers Blueberries Milk	Sweet & Sour Meatballs w/ground beef, sweet & sour sauce Brown Rice & Quinoa Green Beans Sliced Mandarins Milk	Ground Beef & Turkey loaf Garlic Mashed Potatoes Roll Blackberries Milk	Taco Pizza w/flat bread ground beef, cheese, tomatoes, onions, olives Snap peas Pineapple Milk
Notes/Dietary Restrictions					
Snack: (Items from 2 food groups) <ul style="list-style-type: none"> ● 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 	Crackers Watermelon Water	Cauliflower Cheese Sticks Water	Celery Sticks Sun Butter Goldfish Crackers Water	Flat Bread Spinach Artichoke Dip Water	Jicama Sticks Egg Salad Water
Infants					

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Tulalip Betty J. Taylor Early Learning Academy
September 30 – October 4, 2019

Meal Pattern 3-5 Year old Serving Sizes	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: <ul style="list-style-type: none"> ● 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 	Special K Toast Turkey Sausage Oranges Slices Milk	Scrambled Eggs English Muffins Apple Sauce Milk	Bagels w/ cream cheese Hardboiled Eggs Blueberries Milk	Old Fashion Oatmeal Toast Bananas Milk	French Toast Turkey Sausage Blackberries Milk
Notes/Dietary Restrictions					
Lunch: <ul style="list-style-type: none"> ● Meat/meat alternate: 1 1/2 oz. ● Grain or bread: 1/2 slice ● Vegetable and/or fruit (2 or more): 2 items 1/4 cup each = 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	Beef Sliders w/ cheese Sweet Potato fries Watermelon Milk	Tuna Sandwich Broccoli Raspberries Milk	Beef Broccoli w/Rice, Quinoa Corn Sliced Oranges Milk	Chicken Quesadilla w/ tortillas, cheddar cheese, tomato, olives Diced Carrots Sliced Kiwi Milk
Notes/Dietary Restrictions					
Snack: (Items from 2 food groups) <ul style="list-style-type: none"> ● 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 2 food groups	Apple Slices Pretzels Water	Banana Wraps w/ WW Tortillas Sun butter Cheese Sticks Water	Goldfish Crackers Sliced Watermelon Water	Egg Salad Crackers Water	Tropical Fruit w/ pineapple, papaya, guava, passionfruit Cheese Sticks Water
Infants				Ritz	

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Tulalip Betty J. Taylor Early Learning Academy
October 7 - 11, 2019

Meal Pattern 3-5 Year old Serving Sizes	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: <ul style="list-style-type: none"> ● 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 	Rice Chex Cereal Cheese Sticks Sliced Oranges Milk	English Muffins Turkey Sausage Raspberries Milk	Hard Boiled Eggs Toast Diced Pears Milk	Special K Canadian Bacon Bananas Milk	Breakfast Hash w/ red potatoes, onion, sausage, bell pepper, WW Toast Raspberries Milk
Notes/Dietary Restrictions					
Lunch: <ul style="list-style-type: none"> ● Meat/meat alternate: 1 1/2 oz. ● Grain or bread: 1/2 slice ● Vegetable and/or fruit (2 or more): 2 items 1/4 cup each = 1/2 C. total ● 1% or nonfat Milk, fluid: 3/4 cup 	Chicken Brown Rice & Quinoa Broccoli Applesauce Milk	Turkey & Cheddar Sandwiches Celery Sticks Diced Pears Milk	Meatloaf w/ground beef & turkey Roll Peas & Carrots Mangos Milk	Chef Salad w/ turkey, cheese, black bean, tomato sauce Roll Apple Slices Milk	Chicken Parmesan Sliders Roll Green Salad Orange Slices Milk
Notes/Dietary Restrictions			Banana		
Snack: (Items from 2 food groups) <ul style="list-style-type: none"> ● 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 2 food groups	Pita bread Carrot Sticks Water	Sliced Apples Cheese Sticks Water	Flatbread Jicama Water	Goldfish Crackers Watermelon Water	Sun butter Apple Slices Cheese sticks Water
Infants					

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Tulalip Betty J. Taylor Early Learning Academy
October 14 - 18, 2019

Meal Pattern 3-5 Year old Serving Sizes	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: <ul style="list-style-type: none"> ● 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 	Old Fashion Oatmeal Hard Boiled Eggs Bananas Milk	Turkey Sausage Bagels Diced Pears Milk	Life Cereal Cheese Sticks Oranges Slices Milk	Strawberry & Banana Yogurt Granola Raspberries Milk	Pancakes Hard Boiled Eggs Blueberries Milk
Notes/Dietary Restrictions				Plain Yogurt	
Lunch: <ul style="list-style-type: none"> ● Meat/meat alternate: 1 1/2 oz. ● Grain or bread: 1/2 slice ● Vegetable and/or fruit (2 or more): 2 items 1/4 cup each = 1/2 C. total ● 1% or nonfat Milk, fluid: 3/4 cup 	Turkey & Cheddar Sandwiches Snap Peas Apple Sauce Milk	Sweet & Sour Beef Meatballs w/ ground beef, sweet & sour sauce Brown Rice & Quinoa Carrots Raspberries Milk	Oriental chicken Salad w/chicken, iceberg lettuce, shredded cheese chow mein noodles Mandarin Oranges W/G rolls Milk	Fish Sticks Sweet Potato Fries Bun Mango Milk	Grilled Cheese Bread Chicken Noodle Soup Broccoli Sliced Watermelon Milk
Notes/Dietary Restrictions				Apple Slices	
Snack: (Items from 2 food groups) <ul style="list-style-type: none"> ● 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 2 food groups	String cheese Celery Water	Banana Wraps w/ Sunbutter Tortillas Water	Goldfish Crackers Peaches Water	Cucumber Slices Hardboiled egg Water	Crackers Bananas Water
Notes/Dietary Restrictions					

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