### **Tulalip Betty J. Taylor Early Learning Academy**

Menu Cycle week 1 October 21 - 25, 2019

Meal Pattern 3-5 Year old Serving Sizes	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast:	Old Fashion	Biscuits & Sausage	WW Buttered Toast	Life Cereal	Pancakes
Bread or cereal: 1/2 slice or     1/3 cup dry cereal	Oatmeal Hard Boiled Eggs	Gravy Scrambled Eggs	Turkey Sausage	Hard Boiled Eggs	Turkey Sausage
or 1/4 cup cooked cereal Fruit or vegetable: 1/2 C.	Bananas		Apple Sauce	Bananas	Blueberries
• 1% or nonfat Milk, fluid: 3/4 cup	Milk	Orange Slices Milk	Milk	Milk	Milk
Notes/Dietary Restrictions					
Lunch:  • 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	Cream of Chicken Soup w/ celery, onion, chicken broth, cream style corn, ½ & ½ milk  Corn Bread  Snap Peas  Black Berries Milk	Sweet & Sour Beef Meatballs w/ ground beef, sweet & sour sauce Brown Rice & Quinoa Carrots Diced peaches Milk	Chicken Rotini Pasta Salad w/chicken, ranch, peas, tomatoes, shredded carrots, cheddar cheese Cauliflower Blueberries Milk	Fish Sticks Sweet Potato Fries Bun Mango Milk	Enchilada Casserole w/ ground beef, cheese, refried beans, ww tortilla, enchilada sauce Corn Mandarin Oranges Milk
Notes/Dietary Restrictions	MIN			Apple Slices	Banana
Snack: (Items from 2 food groups)  • Meat or meat alternate: 1/2 oz. • Vegetable, fruit, or juice: 1/2 C.	String cheese	Egg Salad	Goldfish Crackers	Tropical Fruit w/ pineapple, papaya,	Goldfish Crackers
Bread or cereal: 1/2 slice or	Celery	Carrot Sticks	Peaches	guava, passionfruit	Sliced Apples
1/3 cup dry, cereal or 1/4 cup cooked cereal  1% or nonfat Milk, fluid: 1/2 cup  2 food groups	Water	Water	Water	Cheese Sticks Water	Water
Notes/Dietary Restrictions					
4					

No peanuts are served. Allergy substitution needs medical documentation.

One Whole Grain food item is required daily.

This institution is an equal opportunity provider and employer.

### **Tulalip Betty J. Taylor Early Learning Academy**

Menu Cycle Week 2 October 28 - November 1, 2019

Meal Pattern 3-5 Year old Serving Sizes	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast:	Rice Krispies	Biscuits & Sausage	Scrambled Eggs & Cheese	Crispix	French Toast
Bread or cereal: 1/2 slice or     1/3 cup dry cereal	Hard Boiled Eggs	Gravy	Toast	Canadian Bacon	Turkey Sausage Patties
or 1/4 cup cooked cereal  • Fruit or vegetable: 1/2 C.	Orange slices	Applesauce	pears	Bananas	Strawberries
◆ 1% or nonfat Milk, fluid: 3/4 cup	Milk	Milk	Milk	Milk	Milk
Notes/Dietary Restrictions					
Lunch:  • Meat/meat alternate: 1 1/2 oz.	Tator Tot Casserole w/ground beef,	Sesame Asian Chicken Salad	Turkey Sliders w/ Buns, Colby Jack Cheese, Garlic Butter	Baked Chicken Thighs Roasted Red Potatoes	Baked Macaroni & Cheese
<ul> <li>Grain or bread: 1/2 slice</li> <li>Vegetable and/or fruit</li> <li>(2 or more):</li> </ul>	cream of mushroom, cheddar cheese,	lettuce Noodles	Green Peas	Roll	Tangy Carrot Slaw  Garlic Bread
2 items 1/4 cup each = 1/2 C. total ◆ 1% or nonfat Milk, fluid: 3/4 cup	tator tots Roll Green Beans	Snap Peas Sliced Mandarins	Mango	Tropical Fruit w/ pineapple, papaya, guava, passion fruit	Sliced Kiwi
	Peaches	Milk	Milk		Milk
<b>t</b> -	Milk		Blue Berries	Milk	
Notes/Dietary Restrictions			blue berries		
Snack: (Items from 2 food groups)  • Meat or meat alternate: 1/2 oz.	Goldfish Crackers	Carrot Sticks	String Cheese	Pita Bread	Snap Peas
<ul> <li>Vegetable, fruit, or juice: 1/2 C.</li> <li>Bread or cereal: 1/2 slice or</li> <li>1/3 cup dry, cereal or</li> </ul>	Sliced Cucumbers	Hummus	Sliced Apples	Diced Pears	Cheese Scones
1/4 cup cooked cereal  • 1% or nonfat Milk, fluid: 1/2 cup  2 food groups	Water	Water	Water	Water	Water
Notes/Dietary Restrictions					<u> </u>
Notes/Dietaly Nestilictions	Dogwes	not served Allerov subst	itution needs medical doc	numantation	<u> </u>

Peanuts are not served . Allergy substitution needs medical documentation. One Whole Grain food item is required daily.

This institution is an equal opportunity provider and employer.

### **Tulalip Betty J. Taylor Early Learning Academy**

Menu Cycle Week 3 November 4 - 8, 2019

Breakfast:	Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast:  Bread or oreal: 1/2 slice or 1/3 cup dy cereal or 1/4 cup cooked cereal en Fish Sticks  Lunch:  Itie Cereal Hard Boiled Eggs Sliced Oranges Slic		Monuay	iuesuay	weunesuay	i iiui suay	Filuay
• 1% or nonfat Milk, fluid: 3/4 cup  Notes/Dietary Restrictions  Lunch:  - Meature at alternate: 1 1/2 oz Grain or bread: 1/2 Slice - Vegetable and for fruit (2 or more): 2 items 1/4 cup each - 1/2 or nonfat Milk, fluid: 3/4 cup  Milk  Notes/Dietary Restrictions  - Notes/Dietary Restrictions  Notes/Dietary Restrictions  - Notes/Die	Breakfast:  • Bread or cereal: 1/2 slice or 1/3 cup dry cereal or 1/4 cup cooked cereal	<b>Boiled Eggs</b>		Cheddar cheese Toast Sliced	Yogurt Granola	blueberries, bananas, blackberries
Lunch:    Meat/meat alternate: 1 1/2 oz.		Milk				Milk
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      Motes/Dietary Restrictions      Snack:     (Items from 2 food groups)     Meat or meat alternate: 1 1/2 oz.     Vegetable, fruit, or juice: 1/2 c.     • Grain or bread: 1/2 slice     Vegetable, and/or fruit (2 or more):     2 items 1/4 cup each     = 1/2 C, total	Notes/Dietary Restrictions				Plain Yogurt	
2 items 1/4 cup each = 1/2 C. total • 1% or nonfat Milk, fluid: 3/4 cup  Milk  Notes/Dietary Restrictions  Snack: (Items from 2 food groups) • Meat or meat alternate: 1/2 C. • 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  Water  Rolls  Peas & Carrots Raspberries  Oyster Crackers  Milk  Milk  Milk  Milk  Crackers  Cheese Sticks  Crackers  Cheese Quesadillas  Mangos  Water  Water  Water  Water  Water  Water  Water	Meat/meat alternate: 1 1/2 oz.     Grain or bread: 1/2 slice     Vegetable and/or fruit	Coleslaw	Tortellini Soup w/ Chicken, spinach,		romaine hearts, shredded carrots,	beef, sloppy joes
Milk  Sliced Apples Milk  Notes/Dietary Restrictions  Snack: (Items from 2 food groups) • 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  • Milk  Nilk  Milk  Milk  Crackers  Cheese Sticks  Crackers  Cheese Quesadillas  Mangos  Water  Water  Water  Water  Water  Water	2 items 1/4 cup each	•		Peas & Carrots	•	Green Beans
Sliced Apples Milk  Milk  Notes/Dietary Restrictions  Snack: (Items from 2 food groups)  • Meat or meat alternate: 1/2 cz. • 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  Milk  Orange Slices Milk  Orange Slices Milk  Cheese Sticks  Crackers  Cheese Quesadillas  Mangos  Water  Water  Water  Water  Water  Water  Water	• 1% or nonfat Milk, fluid: 3/4 cup		Broccoli	Raspberries	Oyster Crackers	Sliced Apples
Notes/Dietary Restrictions  Snack: (Items from 2 food groups)  • 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  Milk  Bananas  Cheese Sticks  Crackers  Cheese Quesadillas  Celery Sticks  Bananas  Mangos  Water  Water  Water  Water  Water		Milk	Sliced Apples	Milk	Orange Slices	Milk
Notes/Dietary Restrictions  Snack: (Items from 2 food groups)  • 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  Carrot Sticks  Gold Fish Crackers  Cheese Sticks  Crackers  Cheese Quesadillas  Celery Sticks  Bananas  Mangos  Water  Water  Water  Water	*		Milk		Milk	
(Items from 2 food groups)  • 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  Carrot Sticks  Gold Fish Crackers  Cheese Sticks  Crackers  Cheese Quesadillas  Celery Sticks  Bananas  Mangos  Water  Water  Water  Water  Water	Notes/Dietary Restrictions				Bananas	
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      Water	(Items from 2 food groups)  • Meat or meat alternate: 1/2 oz.	Carrot Sticks	Gold Fish Crackers	Cheese Sticks	Crackers	Cheese Quesadillas
1/3 cup dry, cereal or 1/4 cup cooked cereal • 1% or nonfat Milk, fluid: 1/2 cup 2 food groups  Water  Water  Water  Water  Water  Water  Water		Hummus	Snap Peas	Celery Sticks	Bananas	Mangos
Notes/Dietary Restrictions	1/3 cup dry, cereal or 1/4 cup cooked cereal  1/8 or nonfat Milk, fluid: 1/2 cup	Water	Water	Water	Water	water
	Notes/Dietary Restrictions					

Peanuts are not served. Allergy substitution needs medical documentation
One Whole Grain food item is required daily
This institution is an equal opportunity provider and employer.

### **Tulalip Betty J. Taylor Early Learning Academy**

Menu Cycle Week 4 November 11 - 15, 2019

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
3-5 Year old Serving Sizes Breakfast:	Closed Veterans Day	Buttered Toast	Bran Flakes	Bagels	Pancakes
Bread or cereal: 1/2 slice or     1/3 cup dry cereal		Hard Boiled Eggs	Canadian Bacon	Cream Cheese	Blueberries
or 1/4 cup cooked cereal Fruit or vegetable: 1/2 C.		Apple Slices	Bananas	<b>Diced Pears</b>	Hardboiled Eggs
• 1% or nonfat Milk, fluid: 3/4 cup		Milk	Milk	Milk	Milk
Notes/Dietary Restrictions					
Lunch:  • 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		Baked Chicken Thighs  Roasted Red Potatoes  Oyster Crackers  Tropical Fruit pineapple, papaya, guava, passionfruit Milk	Beef Stroganoff w/ ground hamburger, egg noodles, cream of mushroom Diced Carrots Sliced Oranges	Chicken Parmesan Sliders Hamburger Bun Sweet Potato Tots Applesauce Milk	Sheppard's Pie w/ground beef, peas, carrots, mashed potatoes Roll Snap peas Blackberries
Notes/Dietary Restrictions					
Snack: (Items from 2 food groups)  • 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		Naan Bread Fresh Broccoli w/ranch Water	Pea Salad Crackers Water	Egg Salad Celery Sticks Water	Jicama Sticks Pretzels Water
Infants					

Peanuts are not served. Allergy substitution needs medical documentation.

One Whole Grain food item is required daily.

This institution is an equal opportunity provider and employer.

### **Tulalip Betty J. Taylor Early Learning Academy**

Menu Cycle Week 5 November 18 - 22, 2019

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
3-5 Year old Serving Sizes	Monday	Tuesday	Wednesday	i iiui suay	rittay
Breakfast:	WG Life Cereal	WW Dutch Waffles	WW Bagels	Scrambled Eggs w/	
210011100	11 G 2110 GG1 GG1		w/ cream cheese	Colby Jack cheese	WW French Toast
Bread or cereal: 1/2 slice or	Canadian Bacon	Boiled Eggs	, 61 64441 6416656	Biscuits	
1/3 cup dry cereal	canadian Bacon	Donea Eggs	Turkey Sausage	Biscures	Turkey Sausage
or 1/4 cup cooked cereal	Orange slices	Strawberries	Turkey Sausage	peaches	Turkey Sausage
• Fruit or vegetable: 1/2 C.	Orange snees	Strawberries	applesauce	peaches	Tropical fruit
• 1% or nonfat Milk, fluid: 3/4 cup	Milk	Milk	applesauce	Milk	w/pineapple, papaya,
*	MIK	MIK	Milk	MIIK	guava, passion fruit
			MIIK		guava, passion ii uit
					Milk
	Tl C				MIIR
Notes/Dietary Restrictions	Turkey Sausage				
·	m 1 Al 1: /	D 1 114	0 1 01 1 0 10	m 011 /	0 111 1 01
£ Lunch:	Turkey Ala king w/	Baked Macaroni &	Garlic Chicken Pot Pie	Taco Salad w/ ground	Grilled Cheese
Meat/meat alternate: 1 1/2 oz.	ground turkey, peas,	Cheese w/ ww pasta,	w/peas & carrots,	beef, lettuce,	Sandwiches
• Grain or bread: 1/2 slice	carrots, chicken	cheddar cheese	cream of chicken	tomatoes, cheese,	
Vegetable and/or fruit	broth,1/2 &1/2			sour cream	Tomato Soup
(2 or more):	cream	Diced Carrots	Broccoli	Tortillas	Snap Peas
2 items 1/4 cup each	Roll	Tropical Fruit w/			Blueberries
= 1/2 C. total	Mashed Potatoes	pineapple, papaya,	Bananas	Apple Slices	
		guava, passionfruit			Milk
	Diced pears		Milk	Milk	
?		Milk			
<i>*</i>	Milk				
Notes/Dietary Restrictions					
<u> </u>					
Snack:					
(Items from 2 food groups)	Snap peas	Strawberry & Banana	Celery sticks	Chex Mix w/ Rice	Fresh broccoli w/ranch
Meat or meat alternate: 1/2 oz.		Yogurt w/granola		Chex, pretzels, oyster	WG crackers
Vegetable, fruit, or juice: 1/2 C.      Prood or corect, 1/2 clica or	Pretzels		Cheese Sticks	crackers, raisins	
Bread or cereal: 1/2 slice or     1/3 cup dry, cereal or		Blackberries			
1/3 cup dry, cereal of	Water		Water	Carrot Sticks	
• 1% or nonfat Milk, fluid: 1/2 cup		Water			
2 food groups				Water	
		Plain yogurt		Ritz	
Infants		i iuii y ogui t		11122	
			1		

No peanuts are served. Allergy substitution needs medical documentation.

One Whole Grain food item is required daily.

This institution is an equal opportunity provider and employer.

### **Tulalip Betty J. Taylor Early Learning Academy**

Menu Cycle Week 6 November 25 - 29, 2019

Meal Pattern 3-5 Year old Serving Sizes	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast:	Bran Flakes	Cheese Scones	Canadian Bacon	Closed Thanksgiving	Closed Tulalip Day
Bread or cereal: 1/2 slice or 1/3 cup dry cereal	Cheese Sticks	Turkey Sausage	WW Toast	Day	
or 1/4 cup cooked cereal • Fruit or vegetable: 1/2 C.	Bananas	Applesauce	Raspberries		
■ 1% or nonfat Milk, fluid: 3/4 cup	Milk	Milk	Milk		
Notes/Dietary Restrictions					
Lunch:  • 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  Notes/Dietary Restrictions	Goulash w/ ground turkey, tomatoes, onion  Biscuits  Carrot Sticks  Apple Slices  Milk	Spaghetti w/ground beef, marinara, ww pasta Celery Sticks Sliced Oranges Milk	Turkey Pita w/turkey, cucumber, ranch dressing Pita Bread Peas & Carrots Bananas Milk		
Snack: (Items from 2 food groups)  • Meat or meat alternate: 1/2 oz.  • Vegetable, fruit, or juice: 1/2 C.  • Bread or cereal: 1/2 slice or	Pita bread Snap peas	Carrot Sticks Hummus	Goldfish Crackers Jicama		
1/3 cup dry, cereal or     1/4 cup cooked cereal     1% or nonfat Milk, fluid: 1/2 cup	Water	Water	Water		
2 food groups Infants					
<u> </u>	No noanute a	ra carvad Allaray cubet	tution needs medical doc	ımantation	

No peanuts are served. Allergy substitution needs medical documentation.

One Whole Grain food item is required daily.

This institution is an equal opportunity provider and employer.