

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: <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	Biscuits & Sausage Gravy Scrambled Eggs Orange Slices Milk	WW Buttered Toast Turkey Sausage Apple Sauce Milk	Life Cereal Hard Boiled Eggs Bananas Milk	Pancakes Turkey Sausage Blueberries 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 	Cream of Chicken Soup w/ celery, onion, chicken broth, cream style corn, 1/2 & 1/2 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				Apple Slices	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	String cheese Celery Water	Egg Salad Carrot Sticks Water	Goldfish Crackers Peaches Water	Tropical Fruit w/ pineapple, papaya, guava, passionfruit Cheese Sticks Water	Goldfish Crackers Sliced Apples Water
Notes/Dietary Restrictions					

**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: <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 Krispies Hard Boiled Eggs Orange slices Milk	Biscuits & Sausage Gravy Applesauce Milk	Scrambled Eggs & Cheese Toast pears Milk	Crispix Canadian Bacon Bananas Milk	French Toast Turkey Sausage Patties Strawberries 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 	Tator Tot Casserole w/ ground beef, cream of mushroom, cheddar cheese, tator tots Roll Green Beans Peaches Milk	Sesame Asian Chicken Salad lettuce Noodles Snap Peas Sliced Mandarins Milk	Turkey Sliders w/ Buns, Colby Jack Cheese, Garlic Butter Green Peas Mango Milk	Baked Chicken Thighs Roasted Red Potatoes Roll Tropical Fruit w/ pineapple, papaya, guava, passion fruit Milk	Baked Macaroni & Cheese Tangy Carrot Slaw Garlic Bread Sliced Kiwi Milk
Notes/Dietary Restrictions			Blue Berries		
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	Goldfish Crackers Sliced Cucumbers Water	Carrot Sticks Hummus Water	String Cheese Sliced Apples Water	Pita Bread Diced Pears Water	Snap Peas Cheese Scones Water
Notes/Dietary Restrictions					

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Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 3 November 4 - 8, 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 	Life Cereal Hard Boiled Eggs Sliced Oranges Milk	Cheese Scones Turkey Sausage Applesauce Milk	Scrambled Eggs, Cheddar cheese Toast Sliced apples Milk	Strawberry & Banana Yogurt Granola Pears Milk	Oatmeal Cups w/ blueberries, bananas, blackberries Turkey Sausage 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 	Fish Sticks Coleslaw Rice & Quinoa Diced Peaches Milk	Chicken & Cheese Tortellini Soup w/ Chicken, spinach, parmesan cheese Rolls Broccoli Sliced Apples Milk	Turkey Sandwiches Bread Peas & Carrots Raspberries Milk	Chicken Salad w/ romaine hearts, shredded carrots, tomatoes, mozzarella cheese Oyster Crackers Orange Slices Milk	Sloppy Joes w/ ground beef, sloppy joes sauce, bun Green Beans Sliced Apples 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	Carrot Sticks Hummus Water	Gold Fish Crackers Snap Peas Water	Cheese Sticks Celery Sticks Water	Crackers Bananas Water	Cheese Quesadillas Mangos water
Notes/Dietary Restrictions					

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Tulalip Betty J. Taylor Early Learning Academy

Menu Cycle Week 4 November 11 - 15, 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 	Closed Veterans Day	Buttered Toast Hard Boiled Eggs Apple Slices Milk	Bran Flakes Canadian Bacon Bananas Milk	Bagels Cream Cheese Diced Pears 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): 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 Milk	Chicken Parmesan Sliders Hamburger Bun Sweet Potato Tots Applesauce Milk	Sheppard's Pie w/ground beef, peas, carrots, mashed potatoes Roll Snap peas Blackberries 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 		Naan Bread Fresh Broccoli w/ranch Water	Pea Salad Crackers Water	Egg Salad Celery Sticks Water	Jicama Sticks Pretzels Water
Notes/Dietary Restrictions					
Infants					

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Menu Cycle Week 5 November 18 - 22, 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 Orange slices Milk	WW Dutch Waffles Boiled Eggs Strawberries Milk	WW Bagels w/ cream cheese Turkey Sausage applesauce Milk	Scrambled Eggs w/ Colby Jack cheese Biscuits peaches Milk	WW French Toast Turkey Sausage Tropical fruit w/pineapple, papaya, guava, passion fruit Milk
Notes/Dietary Restrictions	Turkey Sausage				
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 Ala king w/ ground turkey, peas, carrots, chicken broth, 1/2 & 1/2 cream Roll Mashed Potatoes Diced pears Milk	Baked Macaroni & Cheese w/ ww pasta, cheddar cheese Diced Carrots Tropical Fruit w/ pineapple, papaya, guava, passionfruit Milk	Garlic Chicken Pot Pie w/ peas & carrots, cream of chicken Broccoli Bananas Milk	Taco Salad w/ ground beef, lettuce, tomatoes, cheese, sour cream Tortillas Apple Slices Milk	Grilled Cheese Sandwiches Tomato Soup Snap Peas Blueberries 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	Snap peas Pretzels Water	Strawberry & Banana Yogurt w/granola Blackberries Water	Celery sticks Cheese Sticks Water	Chex Mix w/ Rice Chex, pretzels, oyster crackers, raisins Carrot Sticks Water	Fresh broccoli w/ranch WG crackers
Infants		Plain yogurt		Ritz	

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Menu Cycle Week 6 November 25 - 29, 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 Cheese Sticks Bananas Milk	Cheese Scones Turkey Sausage Applesauce Milk	Canadian Bacon WW Toast Raspberries Milk	Closed Thanksgiving Day	Closed Tulalip Day
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 	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		
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	Pita bread Snap peas Water	Carrot Sticks Hummus Water	Goldfish Crackers Jicama Water		
Infants					

No peanuts are served. Allergy substitution needs medical documentation.

One Whole Grain food item is required daily.

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