

# January

Calendar Month

# 2019

Calendar Year

# NíaCentral

CATERING

Fresh meals for early learners

Monday	Tuesday	Wednesday	Thursday	Friday
<b>31</b> Chilaquiles <sup>2</sup> Whole wheat bread <sup>36</sup> Melon Milk*	<b>01</b> <b>Closed</b>	<b>02</b> Whole-grain cereal Pineapple Milk*	<b>03</b> Low-fat yogurt <sup>1</sup> Banana Milk*	<b>04</b> Scrambled eggs w/ Turkey Sausage <sup>2</sup> Whole Wheat Tortilla <sup>3</sup> Melon Milk*
<b>07</b> Hard Boiled Eggs <sup>2</sup> Whole wheat bread <sup>36</sup> Orange Milk*	<b>08</b> Whole-grain cereal Banana Milk*	<b>09</b> Oatmeal w/ toppings <sup>1</sup> Melon Milk*	<b>10</b> Low-fat yogurt <sup>1</sup> Tangerine Milk*	<b>11</b> Refried Beans <sup>5</sup> Plantains Pineapple Milk*
<b>14</b> Scrambled eggs w/ spinach <sup>2</sup> Whole wheat bread <sup>36</sup> Melon Milk*	<b>15</b> Whole-grain cereal Orange Milk*	<b>16</b> Low-fat yogurt <sup>1</sup> Pineapple Milk*	<b>17</b> Oatmeal w/ toppings <sup>1</sup> Banana Milk*	<b>18</b> Turkey Sausage Whole grain waffle <sup>136</sup> Tangerine Milk*
<b>21</b> <b>Closed</b>	<b>22</b> Chilaquiles <sup>2</sup> Whole wheat bread <sup>36</sup> Melon Milk*	<b>23</b> Oatmeal w/ toppings <sup>1</sup> Banana Milk*	<b>24</b> Low-fat yogurt <sup>1</sup> Pineapple Milk*	<b>25</b> Refried Beans <sup>5</sup> Plantains Orange Milk*
<b>28</b> Hard Boiled Eggs <sup>2</sup> Whole wheat bread <sup>36</sup> Banana Milk*	<b>29</b> Whole-grain cereal Tangerine Milk*	<b>30</b> Oatmeal w/ toppings <sup>1</sup> Melon Milk*	<b>31</b> Low-fat yogurt <sup>1</sup> Pineapple Milk*	<b>01</b> Scrambled eggs Turkey Sausage <sup>2</sup> Whole Wheat Tortilla <sup>3</sup> Melon Milk*

**Notes: This menu is subject to change**

Green: Local Products


<sup>1</sup>Dairy, <sup>2</sup>Egg, <sup>3</sup>Gluten, <sup>4</sup>Fish, <sup>5</sup>Beans, <sup>6</sup>Soy, <sup>7</sup>Lentils

\*Milk: 1 yr-old children (Unflavored Whole Milk)

2-5 yrs-old (Unflavored 1% Milk)



# BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
<b>31</b> Vegetarian Bolognesa <sup>7</sup> Green Salad Whole wheat pasta <sup>3</sup> Apple Milk*	<b>01</b> <p style="text-align: center;"><b>Closed</b></p>	<b>02</b> Moroccan Beef w/ Chickpeas <sup>5</sup> Cucumber Salad Barley/Quinoa <sup>3</sup> Orange Milk*	<b>03</b> Egg Fried Rice <sup>26</sup> Broccoli Melon Milk*	<b>04</b> Teriyaki Chicken Legs <sup>6</sup> Carrots w/ cababage Whole Wheat Bread <sup>36</sup> Tangerine Milk*
<b>07</b> Black Beans <sup>5</sup> Green Salad Brown Rice Apple Milk*	<b>08</b> Chicken Fajitas <sup>6</sup> Peppers & Onions Whole Wheat tortilla <sup>3</sup> Melon Milk*	<b>09</b> Quiche <sup>12</sup> w/ Broccoli Whole Wheat Roll <sup>3</sup> Orange Milk*	<b>10</b> Beef Bolognesa Whole wheat pasta <sup>3</sup> Pear Milk*	<b>11</b> Chicken Legs <sup>6</sup> Green beans Whole Wheat Bread <sup>36</sup> Banana Milk*
<b>14</b> Lentils w/ Kale & Mushrooms <sup>57</sup> Green Salad Brown Rice Apple Milk*	<b>15</b> Beef and Bean <sup>5</sup> Tacos Green Salad Corn Tortillas Melon Milk*	<b>16</b> Spanish Tortilla <sup>12</sup> Broccoli Whole Wheat Roll <sup>3</sup> Tangerine Milk*	<b>17</b> Fish Stew <sup>4</sup> w/ Celery, Carrots, Potatoes Barley <sup>3</sup> Orange Milk*	<b>18</b> Chicken Tinga Tacos Corn & Peppers Corn Tortillas Pear Milk*
<b>21</b> <p style="text-align: center;"><b>Closed</b></p>	<b>22</b> Lentil Sweet Potato Stew <sup>7</sup> Green Salad Brown Rice Pear Milk*	<b>23</b> Moroccan Beef w/ Chickpeas <sup>5</sup> Cucumber Salad Barley/Quinoa <sup>3</sup> Orange Milk*	<b>24</b> International Day: Caribbean 	<b>25</b> Tofu & Vegetables Lo Mein <sup>36</sup> Green Salad Apple Milk*
<b>28</b> Vegetarian Chili <sup>5</sup> Green Salad Brown Rice Apple Milk*	<b>29</b> Asparagua Tuna Casserole <sup>134</sup> Green Salad Melon Milk*	<b>30</b> Chicken Paella <sup>6</sup> w/ Green beans Tangerine Milk*	<b>31</b> Quesadillas w/ Beans & Spinach <sup>135</sup> Broccoli Whole Wheat tortilla <sup>3</sup> Pear Milk*	<b>01</b> Teriyaki Chicken Legs <sup>6</sup> Carrots w/ orange glaze Whole Wheat Bread <sup>36</sup> Orange Milk*

**Notes: This menu is subject to change**

Green: Local Products

<sup>1</sup>Dairy, <sup>2</sup>Egg, <sup>3</sup>Gluten, <sup>4</sup>Fish, <sup>5</sup>Beans, <sup>6</sup>Soy, <sup>7</sup>Lentil

\*Milk: 1 yr-old children (Unflavored Whole Milk)

2-5 yrs-old (Unflavored 1% Milk)



# Lunch

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Fresh meals for early learner

Monday	Tuesday	Wednesday	Thursday	Friday
<b>31</b>	<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>
Low Fat Yogurt <sup>1</sup> Pear	<b>Closed</b>	Bread with Chocolate <sup>136</sup> Apple	Roasted Sweet Potato String Cheese <sup>1</sup>	Graham Crackers <sup>3</sup> Banana
<b>07</b>	<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>
String Cheese <sup>1</sup> Pear	Pumpkin Dip <sup>1</sup> Apple	Bread with Cheese <sup>136</sup> Banana	Chickpeas <sup>5</sup> Clementines	Whole Wheat Animal Crackers <sup>3</sup> Melon
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
String Cheese <sup>1</sup> Pear	Bread with Chocolate <sup>136</sup> Banana	Oatmeal Bar Melon	Hummus <sup>5</sup> Pita Bread <sup>3</sup> Pineapple	Bread Stick <sup>3</sup> w/ Marinara Sauce
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>Closed</b>	Whole Wheat Animal Crackers <sup>3</sup> Apple	Roasted Sweet Potato String Cheese <sup>1</sup>	Chickpeas <sup>5</sup> Tangerine	Cheddar Cheese <sup>1</sup> Pear
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>01</b>
Bread Stick <sup>3</sup> w/ Marinara Sauce	Roasted Sweet Potato String Cheese <sup>1</sup>	Bread with Chocolate <sup>136</sup> Pear	Hummus <sup>5</sup> Pita Bread <sup>3</sup> Clementines	Cheddar Cheese <sup>1</sup> Apple

**Notes: This menu is subject to change**

Green: Local Products

<sup>1</sup>Dairy, <sup>2</sup>Egg, <sup>3</sup>Gluten, <sup>4</sup>Fish, <sup>5</sup>Beans, <sup>6</sup>Soy

\*Milk: 1 yr-old children (Unflavored Whole Milk)  
2-5 yrs-old (Unflavored 1% Milk)



# Snack

**CentroNía's Age-Appropriate Meal Pattern  
(According to USDA's CACFP requirements)**

**BREAKFAST (Contains at three food components)**

FOOD COMPONENT	Ages 1-2	Ages 3-5 (Pre-K)	Ages 6-12 (K-5 <sup>th</sup> Grade)
<b>I Serving of Fluid Milk</b> (Age 1: Unflavored Whole Milk; Age 2-5: Unflavored 1% or unflavored fat-free (skim) milk; >6 years Unflavored 1% or unflavored fat-free)	4 fluid ounces	6 fluid ounces	8 fluid ounces = 1 cup
<b>I Serving of Fruits, Vegetables, or portions of both</b>	1/4 cup	1/2 cup	1/2 cup
<b>I Serving of Whole Grains (oz eq)</b>			
Whole grain-rich or enriched Bread or	1/2 slice	1/2 slice	1 slice
Whole grain-rich or enriched Bread product, such as biscuit, roll, tortilla, pita or muffin or	1/2 serving	1/2 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold)			
Flakes or rounds	1/2 cup	1/2 cup	1 cup
Puffed cereal	3/4 cup	3/4 cup	1 1/4 cup
Granola	1/8 cup	1/8 cup	1/4 cup

**Note:** Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains

**LUNCH (Contains all five food components)**

<b>I Serving of Fluid Milk</b> (Age 1: Unflavored Whole Milk; Age 2-5: Unflavored 1% or unflavored fat-free (skim) milk; >6 years Unflavored 1% or unflavored fat-free)	4 fluid ounces	6 fluid ounces	8 fluid ounces = 1 cup
<b>I Serving of Fruit</b>	1/8 cup	1/4 cup	1/2 cup
<b>I Serving of Vegetables</b>	1/8 cup	1/4 cup	1/4 cup
<b>I Serving of a Grain/Bread</b>			
Whole grain-rich or enriched bread	1/2 slice	1/2 slice	1 slice
Whole grain-rich or enriched bread product: Roll/ Muffin/ Bun/Tortilla/Pita or	1/2 serving	1/2 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain and/or pasta	1/4 cup	1/4 cup	1/2 cup

<b>I Serving of Meat or Meat Alternative</b>			
Lean meat or poultry or fish or	1 oz	1 ½ oz	2 oz
Tofu, soy product, or alternate protein product or	1 oz	1 ½ oz	2 oz
Cheese or	1 oz	1 ½ oz	2 oz
Large Egg or	½	¾	1
Cooked dry beans or peas or	¼ cup	⅜ cup	½ cup
Yogurt, plain or flavored unsweetened or sweetened or	4 oz or ½ cup	6 oz or ¾ cup	8 oz= 1 cup
<b>SNACK (Contains two out of the five components)</b>			
<b>I Serving of Fluid Milk</b> (Age 1: Unflavored Whole Milk; Age 2-5: Unflavored 1% or unflavored fat-free (skim) milk; >6 years Unflavored 1% or unflavored fat-free)	4 fluid ounces	6 fluid ounces	8 fluid ounces = 1 cup
<b>I Serving of Fruit</b>	½ cup	½ cup	¾ cup
<b>I Serving of Vegetables</b>	½ cup	½ cup	¾ cup
<b>I Serving of a Grain/Bread</b>			
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice
Whole grain-rich or enriched bread product: Roll/ Muffin/ Bun/Tortilla/Pita or	½ serving	½ serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain and/or pasta	¼ cup	¼ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold)			
Flakes or rounds	½ cup	½ cup	1 cup
Puffed cereal	¾ cup	¾ cup	1¼ cup
Granola	⅓ cup	⅓ cup	¼ cup
<b>I Serving of Meat or Meat Alternative</b>			
Lean meat/ poultry/ fish/ tofu/ soy product/ alternate protein product or	½ oz	½ oz	1 oz
Tofu, soy product, or alternate protein product or	½ oz	½ oz	1 oz
Cheese or	½ oz	½ oz	1 oz
Large Egg or	½	½	½
Cooked dry beans or peas or	⅓ cup	⅓ cup	¼ cup
Yogurt, plain or flavored unsweetened or sweetened or	2 ounces or ¼ cup	2 ounces or ¼ cup	4 oz or ½ cup

For further guidance refer to: [https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP\\_childmealpattern.pdf](https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP_childmealpattern.pdf)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Melon	01 Closed	02 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Apple	03 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Pear	04 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Banana
07 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Banana	08 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Apple	09 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Melon	10 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Pear	11 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Banana
14 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Banana	15 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Melon	16 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Apple	17 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Melon	18 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Pear
21 Closed	22 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Banana	23 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Melon	24 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Pear	25 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Apple
28 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Melon	29 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Banana	30 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Pear	31 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Apple	01 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Melon

**Note:** This menu is subject to change

Green: Local



## Infant Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Lentils, Zucchini	01 Closed	02 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Beef, Spinach	03 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Beans, Sweet Potato	04 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Chicken, Spinach
07 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Beans, Sweet Potato	08 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Chicken, Spinach	09 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Lentils, Zucchini	10 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Beef, Carrots	11 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Chicken, Green Beans
14 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Lentils, Sweet Potato	15 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Beef, Spinach	16 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Chicken, Zucchini	17 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Lentils, Carrots	18 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Chicken, Green Beans
21 Closed	22 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Lentils, Sweet Potato	23 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Beef, Spinach	24 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Beans, Zucchini	25 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Chicken, Green Beans
28 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Lentils, Zucchini	29 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Beef, Spinach	30 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Chicken, Zucchini	31 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Beans, Sweet Potato	01 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Chicken, Carrots

Note: This menu is subject to change  
Green: Local



## Infant Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Apple	01 <b>Closed</b>	02 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Melon	03 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Banana	04 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Pear
07 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Apple	08 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Melon	09 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Banana	10 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Apple	11 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Pear
14 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Pear	15 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Banana	16 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Melon	17 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Pear	18 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Apple
21 <b>Closed</b>	22 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Apple	23 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Banana	24 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Melon	25 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Pear
28 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Apple	29 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Pear	30 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Melon	31 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Banana	01 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Apple

**Note:** This menu is subject to change  
Green: Local



## Infant Snack



**CentroNía's Age-Appropriate Meal Pattern  
(According to CACFP requirements)**

BREAKFAST			
FOOD COMPONENT	Birth - 3 months	4 - 7 months	8 - 11 months
<b>1 Serving of Breastmilk or Formula</b>	4-6 fl oz	4-8 fl oz	6-8 fl oz
<b>1 Serving of Infant Cereal</b>		0-3 tbsp	2-4 tbsp
<b>1 Serving of Fruit or Vegetable</b>			1-4 tbsp
LUNCH			
<b>1 Serving of Breastmilk or Formula</b>	4-6 fl oz	4-8 fl oz	6-8 fl oz
<b>1 Serving of Infant Cereal</b>		0-3 tbsp	2-4 tbsp
<b>1 Serving of Fruit or Vegetable</b>		0-3 tbsp	1-4 tbsp
<b>1 Serving of Meat or Meat Alternative</b> Meat, Poultry, Fish, Egg Yolk, Cooked Dry Beans, Peas or			1-4 tbsp
Cheese or			1/2-2 oz
Cottage Cheese			1-4 oz
SNACK			
<b>1 Serving of Breastmilk or Formula</b>	4-6 fl oz	4-6 fl oz	2-4 fl oz
<b>1 Serving of Bread/Crackers</b>			0-1/2 bread or 0-2 crackers