

March

Calendar Month

2019

Calendar Year



Fresh meals for early learners

Monday	Tuesday	Wednesday	Thursday	Friday
04 Chilaquiles ² Whole wheat bread ³⁶ Tangerine Milk*	05 Whole-grain cereal Pineapple Milk*	06 Oatmeal w/ toppings ¹ Banana Milk*	07 Low-fat yogurt ¹ Orange Milk*	08 Refried Beans ⁵ Plantains Melon Milk*
11 Hard Boiled Eggs ² Whole wheat bread ³⁶ Orange Milk*	12 Whole-grain cereal Pineapple Milk*	13 Oatmeal w/ toppings ¹ Tangerine Milk*	14 Low-fat yogurt ¹ Banana Milk*	15 Scrambled eggs ² Turkey Sausage Whole Wheat Tortilla ³ Melon Milk*
18 Scrambled eggs w/ spinach ² Whole wheat bread ³⁶ Orange Milk*	19 Whole-grain cereal Apple Milk*	20 Oatmeal w/ toppings ¹ Banana Milk*	21 Low-fat yogurt ¹ Melon Milk*	22 Refried Beans ⁵ Plantains Pineapple Milk*
25 Chilaquiles ² Whole wheat bread ³⁶ Orange Milk*	26 Whole-grain cereal Banana Milk*	27 Oatmeal w/ toppings ¹ Pineapple Milk*	28 Low-fat yogurt ¹ Apple Milk*	29 Turkey Sausage Whole grain waffle ¹³⁶ Melon Milk*

Notes: This menu is subject to change

Green: Local Products

¹Dairy, ²Egg, ³Gluten, ⁴Fish, ⁵Beans, ⁶Soy, ⁷ Lentils

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

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



Breakfast

March

Calendar Month


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NiaCentral

CATERING

Fresh meals for early learners

Monday	Tuesday	Wednesday	Thursday	Friday
04 Vegetarian Bolognesa ⁷ Green Salad Whole wheat pasta ³ Apple Milk*	05 Chicken Fajitas ⁶ Peppers & Onions Whole Wheat tortilla ³ Pear Milk*	06 Asparagua Tuna Casserole ¹³⁴ Green Salad Orange Milk*	07 Beef w/ Cabbage Barley/Quinoa ³ Melon Milk*	08 Vegetarian Fried Rice ⁵ Broccoli Tangerine Milk*
11 Black Beans ⁵ Green Salad Brown Rice Apple Milk*	12 Chicken Tinga Tacos Carrots & Cababage Corn Tortillas Melon Milk*	13 Fish Stew ⁴ w/ Celery, Carrots, Potatoes Barley ³ Pineapple Milk*	14 Beef Bolognesa Whole wheat pasta ³ Pear Milk*	15 Chicken Fried Rice Broccoli Tangerine Milk*
18 Lentils w/ Kale & Mushrooms ⁷ Green Salad Brown Rice Apple Milk*	19 Chicken Lo Mein ³⁶ Green Salad Pineapple Milk*	20 Beef and Bean ⁵ Tacos Green Salad Corn Tortillas Orange Milk*	21 International Day: Ireland 	22 Terriyaki Chicken Legs ⁶ Corn & Peppers Whole Wheat Bread ³⁶ Pear Milk*
25 Vegetarian Chili ⁵ Green Salad Brown Rice Apple Milk*	26 Chicken Legs ⁶ Carrots Whole Wheat Roll ³ Tangerine Milk*	27 Moroccan Beef w/ Chickpeas ⁵ Cucumber Salad Barley/Quinoa ³ Melon Milk*	28 Tofu & Vegetables Lo Mein ³⁶ Green Salad Pineapple Milk*	29 Chicken Paella ⁶ w/ Green beans Orange Milk*

Notes: This menu is subject to change

Green: Local Products

¹Dairy, ²Egg, ³Gluten, ⁴Fish, ⁵Beans, ⁶Soy

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



Lunch

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Monday	Tuesday	Wednesday	Thursday	Friday
04 Low Fat Yogurt ¹ Melon	05 Oatmeal Bar Apple	06 Whole Wheat Animal Crackers ³ Pineapple	07 Roasted Sweet Potato String Cheese ¹	08 Cheddar Cheese ¹ Pear
11 Low Fat Yogurt ¹ Melon	12 Whole Wheat Animal Crackers ³ Banana	13 Pumpkin Dip ¹ Apple	14 Sweet potato bread pudding ¹³ Pineapple	15 String Cheese ¹ Pear
18 Low Fat Yogurt ¹ Melon	19 Roasted Sweet Potato String Cheese ¹	20 Oatmeal Bar Apple	21 Bread with Chocolate ¹³⁶ Tangerine	22 Whole Wheat Animal Crackers ³ Banana
25 Low Fat Yogurt ¹ Pear	26 Pumpkin Dip ¹ Apple	27 Bread with Cheese ¹³⁶ Orange	28 Sweet potato bread pudding ¹³ Banana	01 Whole Wheat Animal Crackers ³ Pineapple

Notes: This menu is subject to change

Green: Local Products

¹Dairy, ²Egg, ³Gluten, ⁴Fish, ⁵Beans, ⁶Soy



Snack

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
04	05	06	07	08
0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Melon	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Banana	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Apple	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Pear	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Melon
11	12	13	14	15
0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Melon	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Banana	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Melon	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Apple	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Pear
18	19	20	21	22
0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Banana	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Apple	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Pear	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Melon	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Banana
25	26	27	28	29
0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Melon	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Banana	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Pear	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Apple	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
04 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Lentils, Spinach	05 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Chicken , Green Beans	06 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Zucchini, Lentils	07 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Beef , Carrots	08 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Chicken , Peas
11 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Beans, Spinach	12 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Chicken , Carrots	13 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Lentils, Zucchini	14 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Beef , Sweet Potato	15 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Chicken , Green Beans
18 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Lentils, Zucchini	19 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Chicken , Carrots	20 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Beef , Spinach	21 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Lentils, Spinach	22 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Chicken , Green Beans
25 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Beans, Spinach	26 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Chicken , Carrots	27 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Beef , Spinach	28 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Lentils, Zucchini	01 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Chicken , Green Beans

Note: This menu is subject to change
Green: Local



Infant Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
04 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Apple	05 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Pear	06 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, Melon	08 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, Apple	12 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Melon	13 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, Pear	15 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, Apple	19 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Melon	20 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Banana	21 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Apple	22 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	26 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Pear	27 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Melon	28 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 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 th Grade)
I Serving of Fluid Milk (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
I Serving of Fruits, Vegetables, or portions of both	1/4 cup	1/2 cup	1/2 cup
I Serving of Whole Grains (oz eq)			
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)

I Serving of Fluid Milk (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
I Serving of Fruit	1/8 cup	1/4 cup	1/2 cup
I Serving of Vegetables	1/8 cup	1/4 cup	1/4 cup
I Serving of a Grain/Bread			
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

I Serving of Meat or Meat Alternative			
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
SNACK (Contains two out of the five components)			
I Serving of Fluid Milk (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
I Serving of Fruit	½ cup	½ cup	¾ cup
I Serving of Vegetables	½ cup	½ cup	¾ cup
I Serving of a Grain/Bread			
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
I Serving of Meat or Meat Alternative			
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