

# May

Calendar Month

# 2019

Calendar Year

# NíaCentral

CATERING

Fresh meals for early learners

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

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Monday	Tuesday	Wednesday	Thursday	Friday
29 Black Beans <sup>5</sup> Green Salad Brown Rice Apple Milk* <sup>1</sup>	30 Chicken Alfredo <sup>1</sup> Broccoli Whole wheat pasta <sup>3</sup> Pear Milk* <sup>1</sup>	01 Teriyaki Tofu <sup>6</sup> Green beans Barley <sup>3</sup> Orange Milk* <sup>1</sup>	02 Chicken Legs <sup>6</sup> Carrots Whole Wheat Roll <sup>3</sup> Pineapple Milk* <sup>1</sup>	03 Asparagua Tuna Casserole <sup>134</sup> Green Salad Tangerine Milk* <sup>1</sup>
06 Lentils w/ Spinach & Mushrooms <sup>7</sup> Brown Rice Apple Milk* <sup>1</sup>	07 Salvadorean Chicken Salad <sup>2</sup> Cabbage Salad Whole Wheat Roll <sup>3</sup> Orange Milk* <sup>1</sup>	08 Egg Fried Rice <sup>26</sup> Green Salad Melon Milk* <sup>1</sup>	09 Chicken Legs <sup>6</sup> Green beans Whole Wheat Bread <sup>36</sup> Pear Milk* <sup>1</sup>	10 Pinto Beans, Beef Sausage & Greens <sup>56</sup> Corn Tortillas Tangerine Milk* <sup>1</sup>
13 Chickpea Curry <sup>5</sup> Green Salad Brown Rice Apple Milk*	14 Turkey Meatballs <sup>1236</sup> w/ Marinara Sauce Whole wheat pasta <sup>3</sup> Pear Milk* <sup>1</sup>	15 Chicken Stir Fry <sup>6</sup> Napa Cabbage Barley/Quinoa <sup>3</sup> Orange Milk* <sup>1</sup>	16 Quesadillas w/ Beans & Corn <sup>135</sup> Whole Wheat tortilla <sup>3</sup> Melon Milk* <sup>1</sup>	17 Chicken Fried Rice <sup>6</sup> Green Salad Pineapple Milk* <sup>1</sup>
20 Black Beans <sup>5</sup> Green Salad Brown Rice Apple Milk* <sup>1</sup>	21 Fish Stew <sup>4</sup> w/ Celery, Carrots, Potatoes Barley <sup>3</sup> Pear Milk* <sup>1</sup>	22 Chicken Paella <sup>6</sup> w/ Green beans Orange Milk* <sup>1</sup>	23 <b>International Day: Philippines</b> 	24 Ratatouille w/ Chickpea <sup>5</sup> Whole wheat pasta <sup>3</sup> Pineapple Milk* <sup>1</sup>
27 <b>Closed</b>	28 Lentils w/ Spinach & Mushrooms <sup>7</sup> Brown Rice Apple Milk* <sup>1</sup>	29 Chicken Fajitas <sup>6</sup> Peppers & Onions Whole Wheat tortilla <sup>3</sup> Pear Milk* <sup>1</sup>	30 Whole wheat pasta <sup>3</sup> w/ Beef Sausage <sup>6</sup> and Tomato Pineapple Milk* <sup>1</sup>	31 Tuna Salad <sup>24</sup> Carrots Whole Wheat Roll <sup>3</sup> Orange Milk* <sup>1</sup>

**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)



# Lunch

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Monday	Tuesday	Wednesday	Thursday	Friday
29 Low Fat Yogurt <sup>1</sup> Melon	30 Bread with Chocolate <sup>136</sup> Banana	01 Cottage cheese <sup>1</sup> Canned peaches	02 Cheddar Cheese <sup>1</sup> Apple	03 Whole Wheat Animal Crackers <sup>3</sup> Pear
06 Low Fat Yogurt <sup>1</sup> Melon	07 Bread with Cheese <sup>136</sup>	08 Cheddar Cheese <sup>1</sup> Apple	09 Roasted Sweet Potato String Cheese <sup>1</sup>	10 Whole Wheat Animal Crackers <sup>3</sup> Pear
13 Low Fat Yogurt <sup>1</sup> Pineapple	14 Whole Wheat Animal Crackers <sup>3</sup> Banana	15 Pumpkin Dip <sup>1</sup> Pear	16 Sweet potato bread pudding <sup>13</sup> Orange	17 String Cheese <sup>1</sup> Apple
20 Low Fat Yogurt <sup>1</sup> Pear	21 String Cheese <sup>1</sup> Apple	22 Cottage cheese <sup>1</sup> Canned peaches	23 Bread with Chocolate <sup>136</sup> Tangerine	24 Whole Wheat Animal Crackers <sup>3</sup> Banana
27 Closed	28 Bread with Cheese <sup>136</sup>	29 Pumpkin Dip <sup>1</sup> Apple	30 Sweet potato bread pudding <sup>13</sup> Banana	31 Whole Wheat Animal Crackers <sup>3</sup> Pear

**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



# Snack