

June

Calendar Month

2019

Calendar Year



Fresh meals for early learners

Monday	Tuesday	Wednesday	Thursday	Friday
03 Scrambled eggs w/ spinach ² Whole wheat bread ³⁶ Orange Milk*	04 Low-fat yogurt ¹ Apple Milk*	05 Mini Bagel ³⁶ Low-fat Cream Cheese ¹ Banana Milk*	06 Whole-grain cereal Pineapple Milk*	07 Refried Beans ⁵ Plantains Watermelon Milk*
10 Hard Boiled Eggs ² Whole wheat bread ³⁶ Orange Milk*	11 English Muffin ³⁶ Low-fat Cream Cheese ¹ Pineapple Milk*	12 Oatmeal w/ toppings ¹ Banana Milk*	13 Whole-grain cereal Apple Milk*	14 Scrambled eggs ² Whole wheat bread ³⁶ Melon Milk*
17 Turkey Sausage Whole grain waffle ¹³⁶ Melon Milk*	18 Low-fat yogurt ¹ Orange Milk*	19 Mini Bagel ³⁶ Low-fat Cream Cheese ¹ Pineapple Milk*	20 Whole-grain cereal Watermelon Milk*	21 Scrambled eggs w/ spinach ² Whole wheat bread ³⁶ Apple Milk*
24 Chilaquiles ² Whole wheat bread ³⁶ Orange Milk*	25 English Muffin ³⁶ Low-fat Cream Cheese ¹ Banana Milk*	26 Oatmeal w/ toppings ¹ Pineapple Milk*	27 Whole-grain cereal Apple Milk*	28 Refried Beans ⁵ Plantains Melon Milk*

Notes: This menu is subject to change

Green: Local Products

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

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

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



Breakfast

June



Calendar Month

2019

Calendar Year

NíaCentral
CATERING

Fresh meals for early learners

Monday	Tuesday	Wednesday	Thursday	Friday
03 Black Beans ⁵ Green Salad Brown Rice Apple Milk* ¹	04 Beef Bolognesa Whole wheat pasta ³ Melon Milk*	05  Chicken Legs ⁶ Green Salad Whole Wheat Roll ³ Strawberries Milk* ¹	06 Macaroni and Cheese ¹³ with Broccoli Peach Milk* ¹	07 Salvadorian Chicken Salad ² Whole Wheat Bread ³⁶ Orange Milk* ¹
10 Lentils w/ Spinach & Mushrooms ⁷ Brown Rice Apple Milk* ¹	11 Chicken Alfredo ¹ Green Salad Whole wheat pasta ³ Melon Milk* ¹	12 Spanish Tortilla ¹² Broccoli Whole Wheat Roll ³ Watermelon Milk* ¹	13 Chicken Legs ⁶ Zucchini Whole Wheat Pita ³ Pineapple Milk* ¹	14 Fish Fried Rice ⁴ Carrots w/ orange glaze Orange Milk* ¹
17 Fiesta Mexicana ¹⁵ Green Salad Apple Milk*	18 Chicken Paella ⁶ w/ Barley/Quinoa ³ Green beans Peach Milk* ¹	19 Quesadillas w/ Beans & Corn ¹³⁵ Green Salad Whole Wheat tortilla ³ Orange Milk* ¹	20 International Day: Ghana 	21 Chicken Legs ⁶ Corn & Peppers Whole Wheat Bread ³⁶ Pineapple Milk*
24 Chickpea Curry ⁵ Green Salad Brown Rice Apple Milk* ¹	25 Chicken Legs ⁶ Zucchini Whole Wheat Bread ³⁶ Melon Milk* ¹	26 Terriyaki Tofu ⁶ Green beans and Carrots Barley ³ Peach Milk* ¹	27 Chicken Stir Fry ⁶ Peppers & Onions Brown Rice Plum Milk* ¹	28 Tuna Salad ²⁴ w/ apples Broccoli Whole Wheat Roll ³ Orange Milk* ¹

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

June

2019

Calendar Month

Calendar Year



Monday	Tuesday	Wednesday	Thursday	Friday
03 Low Fat Yogurt ¹ Melon	04 Bread with Chocolate ¹³⁶ Orange	05 Apple Muffin ¹²³⁶ Pineapple	06 Cheddar Cheese ¹ Apple	07 Whole Wheat Animal Crackers ³ Stawberries
10 String Cheese ¹ Watermelon	11 Orange Cucumbers and Carrots	12 Graham Crackers ³ Pineapple	13 Sweet potato bread pudding ¹³ Peach	14 String Cheese ¹ Banana
17 Low Fat Yogurt ¹ Pineapple	18 Bread with Chocolate ¹³⁶ Apple	19 Apple Muffin ¹²³⁶ Banana	20 Whole Wheat Animal Crackers ³ Plum	21 Cheddar Cheese ¹ Stawberries
24 String Cheese ¹ Watermelon	25 Pineapple Cucumbers and Carrots	26 Bread with Cheese ¹³⁶	27 Sweet potato bread pudding ¹³ Stawberries	28 Graham Crackers ³ Banana

Notes: This menu is subject to change

Green: Local Products

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



Snack