

February

2020

Calendar Month

Calendar Year



Monday	Tuesday	Wednesday	Thursday	Friday
03 Scrambled eggs w/ spinach ² Whole wheat bread ³⁶ Orange Milk*	04 Mini Bagel ³⁶ Low-fat Cream Cheese ¹ Melon Milk*	05 Oatmeal w/ toppings ¹ Banana Milk*	06 Whole-grain cereal: Cheerios Pineapple Milk*	07 Turkey Sausage Whole grain waffle ¹²³⁶ Melon 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 Melon Milk*	13 Whole-grain cereal: Cheerios Banana Milk*	14 Scrambled eggs w/ spinach ² Whole wheat bread ³⁶ Pineapple Milk*
17 CLOSED	18 Chilaquiles ² Whole wheat bread ³⁶ Orange Milk*	19 Oatmeal w/ toppings ¹ Melon Milk*	20 Whole-grain cereal: Cheerios Pineapple Milk*	21 Hard Boiled Eggs ² Whole wheat bread ³⁶ Banana Milk*
24 Turkey Sausage Whole grain waffle ¹²³⁶ Melon Milk*	25 Mini Bagel ³⁶ Low-fat Cream Cheese ¹ Banana Milk*	26 Oatmeal w/ toppings ¹ Pineapple Milk*	27 Whole-grain cereal: Cheerios Orange 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


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Monday	Tuesday	Wednesday	Thursday	Friday
03 Vegetarian Chili ⁵ Brown Rice Apple Milk* ¹	04 Chicken Stew Celery, Potatoes, Carrots Barley/Quinoa ³ Pineapple Milk* ¹	05 Spanish Tortilla ¹² Broccoli Whole Wheat Roll ³ Pear Milk* ¹	06 Fish Fried Rice ⁴⁶ Green Salad Melon Milk* ¹	07 Chicken Legs ⁶ Corn Whole Wheat Bread ³⁶ Orange Milk* ¹
10 Black Beans ⁵ Green Salad Brown Rice Apple Milk* ¹	11 Chicken Stir Fry Celery and Carrots Barley ³ Pear Milk* ¹	12 Beef Bolognesa Whole wheat pasta ³ Pineapple Milk* ¹	13 Egg Fried Rice ²⁶ Broccoli Melon Milk* ¹	14 Chicken Tinga Tacos Corn & Peppers Whole Wheat tortilla ³ Orange Milk* ¹
17 Closed	18 Lentils w/ Sweet Potato and orange ⁷ Brown Rice Pear Milk* ¹	19 Asparagua Tuna Casserole ¹³⁴ Carrots Pineapple Milk* ¹	20 Chicken Legs ⁶ Broccoli Whole Wheat Roll ³ Orange Milk* ¹	21 Vegetarian Enchiladas ¹³⁵ Whole Wheat tortilla ³ Apple Milk* ¹
24 Vegetarian Bolognesa ⁷ Green Salad Whole wheat pasta ³ Apple Milk* ¹	25 Moroccan Beef w/ Chickpeas ⁵ Barley ³ Orange Milk* ¹	26 Beans and Cheese Tacos ¹⁵ Lettuce Whole Wheat tortilla ³ Melon Milk* ¹	27 International Day: Kenya 	28 Chicken & Vegetables Lo Mein ³⁶ Pineapple Milk* ¹

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)

This institution is an equal opportunity provider.



Lunch

February

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NíaCentral

CATERING

Fresh meals for early learners

Monday	Tuesday	Wednesday	Thursday	Friday
03	04	05	06	07
Pretzels ³ Strawberries	Low Fat Yogurt ¹ Banana	Sweet potato bread pudding ¹³ Melon	WG Goldfish ³ Orange	Bread with Cheese ¹³⁶
10	11	12	13	14
String Cheese ¹ Melon	Graham Crackers ³ Orange	Roasted Sweet Potato String Cheese ¹	WG Goldfish ³ Pineapple	Bread with Chocolate ¹³⁶ Banana
17	18	19	20	21
Closed	String Cheese ¹ Banana	Pretzels ³ Orange	Bread with Cheese ¹³⁶	Whole Wheat Animal Crackers ³ Strawberries
24	25	26	27	28
Low Fat Yogurt ¹ Pineapple	Graham Crackers ³ Strawberries	Sweet potato bread pudding ¹³ Banana	WG Goldfish ³ Melon	Bread with Chocolate ¹³⁶ Orange

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)



Snack

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant cereal, Melon	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, Banana	06 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
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, Melon	12 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant cereal, Banana	13 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant cereal, Apple	14 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant cereal, Melon
17 Closed	18 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant cereal, Banana	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, Apple	21 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant cereal, Pear
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, Apple	26 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant cereal, Banana	27 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

Note: This menu is subject to change
Green: Local



Infant Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Infant cereal, Beans, Zucchini	04 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Infant cereal, Chicken , Potato	05 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant cereal, Beef, Sweet Potato	06 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Infant cereal, Lentils, Carrots	07 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Infant cereal, Chicken , Green Beans
10 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant cereal, Lentils, Sweet Potato	11 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Infant cereal, Chicken , Peas	12 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant cereal, Beef , Carrots	13 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant cereal, Beans, Zucchini	14 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant cereal, Chicken , Carrots
17 Closed	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, Beef , Carrots	20 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant cereal Chicken , Potato	21 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Infant cereal, Beans, Peas
24 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant cereal, Lentils, Carrots	25 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Infant cereal, Chicken , Peas	26 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Infant cereal, Beans, Zucchini	27 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant cereal, Beef, Sweet Potato	28 0-5: Breastmilk or Formula 6-11: Breastmilk or Formula Infant cereal, Chicken , Green Beans

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Green: Local



Infant Lunch

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03	04	05	06	07
0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant cereal, Banana	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Graham Crackers ³ , Pear	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant cereal, Melon	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Whole Wheat Bread ³ , Apple	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant cereal, Melon
10	11	12	13	14
0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant cereal, Apple	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Graham Crackers ³ , Banana	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant cereal, Melon	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Whole Wheat Bread ³ , Pear	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Banana
17	18	19	20	21
Closed	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Whole Wheat Bread ³ , Apple	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant cereal, Banana	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Graham Crackers ³ , Pear	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant cereal, Melon
24	25	26	27	28
0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant cereal, Banana	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Graham Crackers ³ , Pear	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant cereal, Melon	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Whole Wheat Bread ³ , Banana	0-5: Breastmilk or Formula 6-11: Breastmilk or Formula, Infant Cereal, Pear

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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