

May





















Calendar Month

2026

Calendar Year

NíaCentral
CATERING

Fresh meals for early learners

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
Chicken Sausage Patty Whole grain waffle ¹²³⁶ Gold Apple  Milk ^{1*}	Yogurt ¹ Honeydew  Milk ^{1*}	Oatmeal ¹ Cantaloupe  Milk ^{1*}	Whole Wheat Bagel ³⁶ Cream Cheese ¹ Orange  Milk ^{1*}	Cereal (Cheerios) Mandarin  Milk ^{1*}
11	12	13	14	15
Hard Boiled Egg ² Squash butternut Orange  Milk ^{1*}	Cereal (Toasted Oat) ³ Mandarin  Milk ^{1*}	Yogurt ¹ Cantaloupe  Milk ^{1*}	Whole Wheat Bagel ³⁶ Cream Cheese ¹ Banana  Milk ^{1*}	Cereal (Rice Krispies) ³ Orange  Milk ^{1*}
18	19	20	21	22
Chicken Sausage Patty Biscuit Whole Grain ¹³ Red Apple  Milk ^{1*}	Yogurt ¹ Cantaloupe  Milk ^{1*}	Oatmeal ¹ Honeydew  Milk ^{1*}	Whole Wheat Bagel ³⁶ Cream Cheese ¹ Banana  Milk ^{1*}	Cereal (Chex-Rice) Mandarin  Milk ^{1*}
25	26	27	28	29
<p style="color: red; text-align: center;">Holiday</p> 	Cereal (Cheerios) Honeydew  Milk ^{1*}	Whole Wheat Bagel ³⁶ Cream Cheese ¹ Cantaloupe  Milk ^{1*}	Yogurt ¹ Banana  Milk ^{1*}	Refried Beans ⁵ Plantains Orange  Milk ^{1*}






















Notes: This menu is subject to change

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

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

This institution is an equal opportunity provider

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>White Bean⁵ and Brown Rice w/ Tomato sauce, Carrots and Spinach (Fasolada)</p> <p>Orange</p> <p>Milk*¹ </p>	<p>5</p> <p>Beef Taco Al Pastor w/ Pineapple and Mixed Bell Peppers (Red-Green)</p> <p> Lettuce and Cheese¹</p> <p>Whole Wheat Tortilla ³</p> <p>Cantaloupe</p> <p>Milk*¹ </p>	<p>6</p> <p>Chicken Leg</p> <p>Garden Salad</p> <p>Whole Wheat Roll³⁶</p> <p>Gold Apple</p> <p>Milk*¹ </p>	<p>7</p> <p>Tofu⁶ Pasta w/ Onions and Peppers</p> <p>Tomato and Cheese¹</p> <p>Whole Grain Pasta Elbow³</p> <p>Strawberries</p> <p>Milk*¹ </p>	<p>8</p> <p>Ground Turkey Baked Ziti w/ Tomato Sauce</p> <p>Pasta Penne³</p> <p>Honeydew</p> <p>Milk*¹ </p>
<p>11</p> <p>Black Bean⁵ and Brown Rice (Casamiento)</p> <p>Plantain and Cheese¹</p> <p>Orange</p> <p>Milk*¹ </p>	<p>12</p> <p>Ground Turkey Lo Mein w/ Cabbage and Carrots</p> <p>Whole Wheat Rotini Pasta ³</p> <p>Cantaloupe</p> <p>Milk*¹ </p>	<p>13</p> <p>Bean⁵ Tacos w/ Corn and Green Bell Peppers</p> <p>Whole Wheat Tortilla ³</p> <p>Banana</p> <p>Milk*¹ </p>	<p>14</p> <p>Chicken Fajita, Onions and Bell Peppers (Red/Green) and Carrots</p> <p>Brown Rice</p> <p>Pineapple</p> <p>Milk*¹ </p>	<p>15</p> <p>Ground turkey w/ Carrots and Corn</p> <p>Barley³/ Quinoa</p> <p>Gold Apple</p> <p>Milk*¹ </p>
<p>18</p> <p>Garbanzo⁵ Fried Rice w/ Broccoli and Corn</p> <p>Garden Salad</p> <p>Mandarin Orange</p> <p>Milk*¹ </p>	<p>19</p> <p>Ground Turkey Bolognesa w/ cheese¹</p> <p>Whole Wheat Pasta Elbow ³</p> <p>Gold Apple</p> <p>Milk*¹ </p>	<p>20</p> <p>Yellow (Brown) Rice and Pinto Bean⁵</p> <p>Plantain and Cheese¹</p> <p>Cantaloupe</p> <p>Milk*¹ </p>	<p>21</p> <p>Ground Turkey Picadillo, Potato, Carrots and Mixed Bell Peppers</p> <p>Barley³/ Quinoa</p> <p>Honeydew</p> <p>Milk*¹ </p>	<p>22</p> <p>Chicken Broccoli and Carrots</p> <p>Brown Rice</p> <p>Pineapple</p> <p>Milk*¹ </p>
<p>25</p> <p>Holiday</p> <p></p>	<p>26</p> <p>Quiche¹² w/ Broccoli and Carrots</p> <p>Whole Wheat Roll³⁶</p> <p>Strawberries</p> <p>Milk*¹ </p>	<p>27</p> <p>Chicken Paella w/ Green bean and Red Bell Peppers</p> <p>Yellow (Brown) Rice</p> <p>Banana</p> <p>Milk*¹ </p>	<p>28</p> <p>Tofu⁶ Lo Mein w/ Cabbage and Corn</p> <p>Whole Wheat Rotini Pasta ³</p> <p>Honeydew</p> <p>Milk*¹ </p>	<p>29</p> <p>Chicken Spaghetti pasta³ Pesto W/ Spinach</p> <p>Pineapple</p> <p>Milk*¹ </p>





















Notes: This menu is subject to change
1Dairy, 2Egg, 3Gluten, 4Fish, 5Beans, 6Soy, 7 Lentils
 Green: Local Products
 *Milk: 1 yr-old children (Unflavored Whole Milk)
 2-5 yrs-old (Unflavored 1% Milk)
 *Vegetables Blend: Broccoli, Cauliflower, and Carrots
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Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
Cracker Baked Veggie Whole Grain 136 Green Apple 	Honey Graham Crackers 36 Honeydew 	Goldfish 13 Mandarin 	String Cheese 1 Pineapple 	Apple Muffin 1236 Orange 
11	12	13	14	15
Pretzels 3 Pear 	Goldfish 136 Orange 	Cheez It Crackers 136 Honeydew 	String Cheese 1 Strawberries 	Apple Muffin 1236 Mandarin 
18	19	20	21	22
String Cheese 1 Pineapple 	Honey Graham Crackers 36 Mandarin 	Goldfish 136 Cantaloupe 	Cracker Baked Veggie Whole Grain 136 Gold Apple 	Cheez It Crackers 136 Orange 
25	26	27	28	29
Holiday 	String Cheese 1 Mandarin 	Goldfish 136 Cantaloupe 	Cracker Baked Veggie Whole Grain 136 Strawberries 	Cheez It Crackers 136 Orange 

Notes: This menu is subject to change
1Dairy, 2Egg, 3Gluten, 4Fish, 5Beans, 6Soy

Snack