November

Calendar Month

2026

Calendar Year

NíaCentral CATERING
Fresh meals for early learners

Monday	Tuesday	Wednesday	Thursday	Friday
2	**3**	**4**	**5**	**6**
Scrambled eggs2 w/ Tomato and Onions Whole Wheat Bread 36 Gold Apple Milk1*	Yogurt1 Whole Grain Graham Cracker36 Pineapple Milk1*	Oatmeal 1 Honeydew Milk1*	Whole Wheat Bagel 36 Cream Cheese1 Banana Milk1*	Cereal (Chex-Rice) Mandarin Milk1*
9	**10**	**11**	**12**	**13**
Scrambled eggs2 w/ Tomato and Onions Whole grain Pancake1236 Cantaloupe Milk1*	Yogurt1 Whole Grain Graham Cracker36 Honeydew Milk1*		Whole Wheat Bagel 36 Cream Cheese1 Orange Milk1*	Cereal (Cheerios) Mandarin Milk1*
16	**17**	**18**	**19**	**20**
Chicken Sausage Patty Whole grain waffle1236 Gold Apple Milk1*	Cereal (Chex-Rice) Mandarin Milk1*	Yogurt1 Whole Grain Graham Cracker36 Cantaloupe Milk1*	Cereal (Corn Flakes)3 Pineapple Milk1*	Oatmeal 1 Banana Milk1*
23	**24**	**25**	**26**	**27**
Chicken Sausage Patty Biscuit Whole Grain13 Gold Apple Milk1*	Yogurt1 Whole Grain Graham Cracker36 Pineapple Milk1*	Refried Beans5 Plantain and Cheese1 Honeydew Milk1*		
30	**1**	**2**	**3**	**4**
Chicken Sausage Patty Whole grain waffle1236 Gold Apple Milk1*	Yogurt1 Whole Grain Graham Cracker36 Pineapple Milk1*	Oatmeal 1 Banana Milk1*	Whole Wheat Bagel 36 Cream Cheese1 Honeydew Milk1*	Cereal (Chex-Rice) Mandarin Milk1*

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)

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Breakfast

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Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Pinto Bean5 w/ Onion and Bell Peppers (Green/Red) Plantain and Cheese1 Barley3/ Quinoa Orange Milk*1	Shredded Beef Taco W/ Mixed Bell Peppers (Green/ Red) Sour Cream1 and Pico de Gallo WW Tortilla 3 Watermelon Milk*1	Chicken Paella w/ Bell Peppers (Green/ Red), Corn and Carrots Yellow (Brown) Rice Banana Milk*1	Chicken (Pollo Guisado) W/ tomato sauce, Peas and Potato WW Rotini Pasta3 Nectarine Milk*1	Ground Turkey Fried Rice W/ Broccoli and Corn Garden Salad Barley3/ Quinoa Pineapple Milk*1
9	10	11	12	13
Black Bean5 w/ Corn (Burrito Bowl) Mozzarella Cheese1 and Pico de Gallo Brown Rice Watermelon Milk*1	Shredded Chicken Taco W/ Tomato, and Corn Guacamole/ Sour Cream1 WW Tortilla 3 Pineapple Milk*1	 	Ground Turkey Stir Fry w/ Zucchini and Corn Garden Salad Barley3/ Quinoa Cantaloupe Milk*1	Chicken Pasta13 Pesto W/ Spinach and Tomato WW Spaghetti3 Gold Apple Milk*1
16	17	18	19	20
Baked Ziti Lentil7 Pasta3 w/ Zucchini Garden Salad Yellow (Brown) Rice Banana Milk*1	Ground Turkey Picadillo, Potato, Carrots and Tomato Barley3/ Quinoa Watermelon Milk*1	White Bean5 and Brown Rice w/ Tomato Sauce, Carrots and Spinach (Fasolada) Yellow (Brown) Rice Orange Milk*1	Ground Beef Stir Fry w/ Corn, Peas and Carrots Couscous3 Plum Milk*1	Chicken Leg Vegetables Blend* Brown Rice Pineapple Milk*1
23	24	25	26	27
Tofu6 Pasta3 Pesto1 W/ Spinach and Tomato WW Spaghetti3 Orange Milk*1	Sliced Roasted Turkey w/ Peas and Gravy1 Mashed potatoes WW Roll 36 Watermelon Milk*1	Chicken Leg Vegetables Blend* Brown Rice Banana Milk*1	 	
30	1	2	3	4
Beans5 Paella W/ Carrots and Corn Brown Rice Orange Milk*1	Ground Beef w/ Marinara Sauce, Carrots and Cheese1 WW spaghetti 3 Watermelon Milk*1	Chicken (Pollo Guisado) W/ tomato Sauce, Peas and Potato Couscous3 Plum Milk*1	Ground Turkey Bolognesa Garden Salad WW Pasta Elbow 3 Pineapple Milk*1	Chicken Leg Vegetables Blend* Yellow (Brown) Rice Banana Milk*1

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

WW: Whole Wheat GF: Gluten Free

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Lunch

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Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Milk1* Honey Graham Crackers 36	Graham Crackers 36 Peach	Cheez It Crackers 136 Pineapple	String Cheese 1 Strawberries	Apple Muffin 1236 Banana
9	10	11	12	13
Honey Graham Crackers 36 Pear	String Cheese 1 Mandarin		Raspberry or Cherry Yogurt1 Strawberries	Cheez It Crackers 136 Banana
16	17	18	19	20
Milk1* Honey Graham Crackers 36	Graham Crackers 36 Peach	Goldfish 136 Pineapple	Raspberry or Cherry Yogurt1 Strawberries	Cheez It Crackers 136 Mandarin
23	24	25	26	27
Goldfish 136 Pear	Honey Graham Crackers 36 Mandarin	Early dismissal		
30	1	2	3	4
Apple Muffin 1236 Pear	Milk1* Honey Graham Crackers 36	String Cheese 1 Pineapple	Raspberry or Cherry Yogurt1 Strawberries	Cheez It Crackers 136 Mandarin

Notes: This menu is subject to change

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

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Snack