

For those parents who have children with allergies or food restrictions, please complete the following information

Name of your child: _____ / **Class:** _____

How many meals you'd like for your child to eat at Bambini? _____ **Which are those meals?** _____

Please cross the foods you'd like us to HOLD OFF from offering your baby until further notice. Remember that all allergens (fish, eggs, lentils, soy, pineapple, berries, wheat, milk and hummus, due to sesame seeds) will need to be tried at least three times at home and we'll need approval from you, before we can offer them to your baby at our center. Thanks for your attention and for helping us to keep your child healthy and safe!

July

2024



Calendar Month

Calendar Year

Monday	Tuesday	Wednesday	Thursday	Friday
01 Cereal Orange Milk ^{1*}	02 Hard Boiled Egg ² Pancake ¹²³⁶ Pineapple Milk ^{1*}	03 Yogurt ¹ Melon Milk ^{1*}	04 CLOSED	05 Cereal Banana Milk ^{1*}
08 Cereal Orange Milk ^{1*}	09 Turkey Sausage Patty Whole grain waffle ¹²³⁶ Melon Milk ^{1*}	10 Whole Wheat Bread ³⁶ Cream Cheese ¹ Banana Milk ^{1*}	11 Oatmeal ¹ Raisins Pineapple Milk ^{1*}	12 Cereal Melon Milk ^{1*}
15 Cereal Orange Milk ^{1*}	16 Chicken Sausage Patty Whole wheat bread ³⁶ Melon Milk ^{1*}	17 Yogurt ¹ Pineapple Milk ^{1*}	18 Oatmeal ¹ Raisins Melon Milk ^{1*}	19 Cereal Banana Milk ^{1*}
22 Cereal Orange Milk ^{1*}	23 Turkey Sausage Patty Whole grain waffle ¹²³⁶ Banana Milk ^{1*}	24 Whole Wheat Pita Bread ³⁶ Cream Cheese ¹ Melon Milk ^{1*}	25 Oatmeal ¹ Raisins Pineapple Milk ^{1*}	26 Cereal Melon Milk ^{1*}
29 Cereal Orange Milk ^{1*}	30 Hard Boiled Egg ² Pancake ¹²³⁶ Pineapple Milk ^{1*}	31 Yogurt ¹ Melon Milk ^{1*}	01 Oatmeal ¹ Raisins Banana Milk ^{1*}	02 Cereal Melon 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

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July

Calendar Month

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Calendar Year

NíaCentral

CATERING

Fresh meals for early learners

Monday	Tuesday	Wednesday	Thursday	Friday
01 Vegetarian Chili w/ corn & tomatoes ⁵ Brown rice Apple Milk* ¹	02 Baked Ziti pasta w/ beef, cheese & tomatoes ¹³ Cucumbers Melon Milk* ¹	03 Tofu Fried rice w/ peas & carrots ⁶ Green Salad Fresas Milk* ¹	04 CLOSED	05 Chicken Legs Peas & carrots Whole Wheat Roll ³⁶ Watermelon Milk* ¹
08 Garbanzo Fried Rice w/ peas & carrots ⁵ Green Salad Apple Milk* ¹	09 Beef & corn tacos w/ tomatoes Lettuce & cheese ¹ Whole wheat tortilla ³⁶ Orange Milk* ¹	10 Lentils w/ carrots & spinach ⁷ Brown rice Watermelon Milk* ¹	11 Chicken Alfredo Pasta w/ broccoli ¹³ Green Salad Pineapple Milk* ¹	12 Chicken Legs Corn Whole Wheat Roll ³⁶ Strawberries Milk* ¹
15 Black beans ⁵ Brown rice Green Salad Apple Milk* ¹	16 Beef Lo Mein w/ vegetables ³ Cucumbers Watermelon Milk* ¹	17 Tuna Fried Rice w/ peas & carrots ⁴⁶ Green Salad Pineapple Milk* ¹	18 Beef Bolognese Whole wheat pasta ³ Melon Milk* ¹	19 Chicken Fajitas w/ tomatoes & peppers WW tortilla ³⁶ Strawberries Milk* ¹
22 WW pasta w/ creamy garbanzo & tomato sauce ³⁵ Green Salad Apple Milk* ¹	23 Beef Stir Fry w/ sweet potatoes Brown rice Banana Milk* ¹	24 Chicken paella w/ green beans & peppers Cucumbers Watermelon Milk* ¹	25 Beef Bolognese Whole wheat pasta ³ Pineapple Milk* ¹	26 Open Beef Hamburger Lettuce & tomato Bun w/ sesame ³⁶ Strawberries Milk* ¹
29 Black beans ⁵ Brown rice Green Salad Apple Milk* ¹	30 Baked Ziti pasta w/ beef, cheese & tomatoes ¹³ Cucumbers Melon Milk* ¹	31 Lentil Picadillo w/ peppers, raisins, tomatoes & mushrooms ⁷ Brown rice Orange Milk* ¹	01 Beef w/ cabbage & tomatoes Barley/Quinoa ³ Watermelon Milk* ¹	02 Chicken w/ broccoli & diced tomatoes WW pita bread ³⁶ Strawberries Milk* ¹

Notes: This menu is subject to change

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

Green: Local Products

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

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

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Lunch

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NíaCentral
CATERING

Fresh meals for early learners

Monday	Tuesday	Wednesday	Thursday	Friday
01 Mixed Fruits Orange/Papaya	02 Yogurt ¹ Raspberries/ Strawberries	03 Carrots & cucumbers Ranch dressing ¹²⁶	04 CLOSED	05 Pita Bread ³ Hummus ⁵
08 Carrots & cucumbers Ranch dressing ¹²⁶	09 Rice Pudding ¹	10 Mixed berries Galletas Ritz ³⁶	11 Mixed Fruits Mango/ Kiwi	12 Yogurt ¹ Raspberries/ Strawberries
15 Mozzarella cheese ¹ Tomato/cucumber	16 Mixed Fruits Blackberries/Blueberries	17 Carrots & cucumbers Ranch dressing ¹²⁶	18 Yogurt ¹ Raspberries/ Strawberries	19 String cheese ¹ Galletas Ritz ³⁶
22 Pita Bread ³ Hummus ⁵	23 Mozzarella cheese ¹ Tomato/cucumber	24 Mixed Fruits Orange/Papaya	25 Yogurt ¹ Kiwi/ Strawberries	26 Rice pudding ¹
29 String cheese ¹ Galletas Ritz ³⁶	30 Mixed Fruits Orange/Banana	31 Rice pudding ¹	01 Carrots & cucumbers Ranch dressing ¹²⁶	02 Pita Bread ³ Hummus ⁵

Notes: This menu is subject to change

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



Snack