



Menu



Breakfast

2 de los 4 + leche

Lunch

4 grupos de alimentos + leche

PM Snack

2 de los cuatro grupos o leche

Wednesday

Breakfast

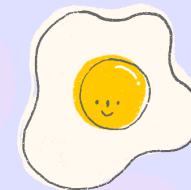
Pancakes with peanut butter,
mandarin and milk

Lunch

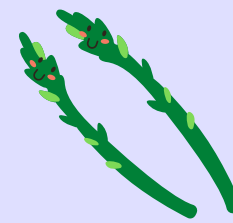
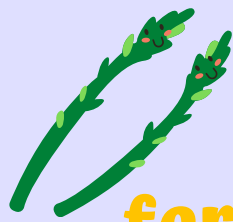
Black bean, rice, veggies and milk

PM Snack

Jelly and crackers



Cereal, proteína, 2 vegetales o 1 vegetal 1 fruta.
Obligatorio leche en el desayuno y en el almuerzo
1 cereal al día



Menu # 1

for the 1st week of the month

Monday

Breakfast

Ham bread (cachitos) with
milk and strawberries

Lunch

pasta, chicken and sauce , milk.

PM Snack

oats cookies and banana



Tuesday

Breakfast

cherrios, banana and milk.

Lunch

Chicken nuggets, fries, corn and
brocoli Milk

PM Snack

applesauce and crackers .

Wednesday

Breakfast

Pancakes with peanut butter,
mandarin and milk

Lunch

Black bean, rice, veggies and milk

PM Snack

Jelly and crackers



Thursday

Breakfast

Eggs, cheese, saltines and
banana with milk.

Lunch

Mac and cheese, brocoli and corn
with milk.

PM Snack

strawberries yogurt



Friday

Breakfast

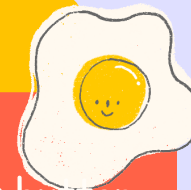
Hawaiians rolls, peanut butter,
and milk.

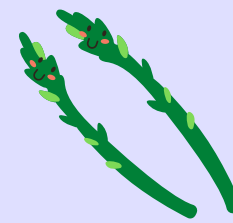
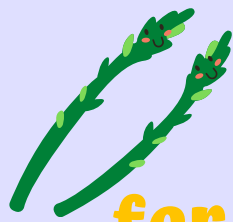
Lunch

Cheese pizza with veggies and
milk

PM Snack

Popsicles





Menu # 2

for the 2nd week of the month

Monday

Breakfast

Pancakes with peanut butter,
banana and milk

Lunch

Chicken nugget, corn, broccoli, milk.

PM Snack

Applesauce



Tuesday



Breakfast

cherrios, strawberries and milk.

Lunch

Pasta, meatballs, veggies and milk

PM Snack

mandarin and coconut cookies

Wednesday

Breakfast

Hawaiians rolls with peanut
butter and milk

Lunch

Chicken rice with veggies and
milk

PM Snack

oats cookies



Thursday

Breakfast

eggs cheese, spinach and
saltines milk.

Lunch

Cheese pizza with veggies and milk

PM Snack

yogurt with banana



Friday

Breakfast

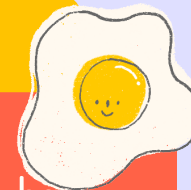
crescent bread with ham,
mandarins and milk.

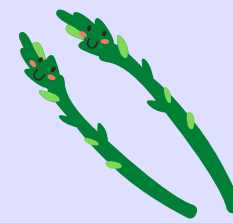
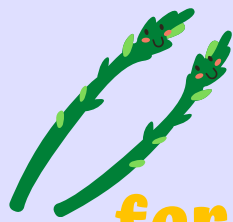
Lunch

Mac and cheese with veggies and
milk

PM Snack

peanut cookies





Menu # 3

for the 3rd week of the month

Monday

Breakfast

pancakes with peanut butter,
strawberries and milk

Lunch

rice, beans, plantain, milk.

PM Snack

cheese sticks and mandarin



Tuesday

Breakfast

cherrios, banana and milk.

Lunch

mac and cheese, veggies, Milk

PM Snack

applesauce and cookies .

Wednesday

Breakfast

eggs with cheese, spinach milk
and saltines

Lunch

Cheese pizza with veggies and
milk

PM Snack

Yogurt and strawberries



Thursday

Breakfast

Venezuelan cornbread, butter,
cheese and milk.

Lunch

pasta, marinara sauce, chicken
with milk.

PM Snack

mandarin and oats cookies



Friday

Breakfast

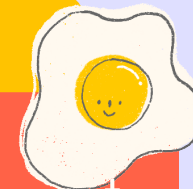
Hawaiians rolls with peanut
butter, banana and milk

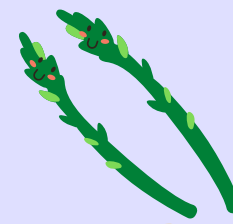
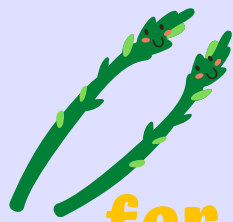
Lunch

chicken nuggets, potatoes, corn
and broccoli with milk

PM Snack

jelly and banana





Menu # 4

for the 4th week of the month

Monday

Breakfast

eggs, cheese, saltines, banana
with milk

Lunch

chicken rice with veggies , milk.

PM Snack

grapes and goldfish



Tuesday

Breakfast

cherrios, strawberries, milk

Lunch

meat sauce, pasta, veggies, milk

PM Snack

applesauce and chicken strips.



Wednesday

Breakfast

Hawaiians roll with peanut butter
and milk, mandarins

Lunch

mac and cheese, veggies and milk

PM Snack

banana and oats cookies



Thursday

Breakfast

crescent bread with cheese, milk
and banana.

Lunch

cheese pizza, spinach and milk

PM Snack

grapes and crackers



Friday

Breakfast

pancakes with peanut butter,
banana and milk.

Lunch

Chicken nugget, veggies and
potatoes milk

PM Snack

cheese ritz with yogurt.

