

# SCHOOL MENU

## MARCH

## General Food

🕒	2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday
<b>DRINKS</b>	LECHE MILK	JUGO DE MORA BLACKBERRY JUICE	SALPICON FRUIT COCKTAIL (PINEAPPLE, PAPAYA, WATERMELON, BANANA, ORANGE PULP) + COOKIE	SORBETE DE GUAYABA GUAVA SORBET	AGUA DE PANELA PANELA DRINK
<b>SNACK</b>	CEREAL CEREAL	PASTEL GLORIA GLORIA PASTRY		EMPANADA VALLUNA VALLUNO-STYLE EMPANADA	CROISANT DE QUESO CHEESE CROISANT
<b>FRUIT</b>	BANANO BANANA				
<b>SOUP</b>	SOPA DE PATACON FRIED PLANTAIN	MINISTRONE MINISTRONE	CREMA DE TOMATE TOMATO CREAM SOUP	MAZAMORRA DULCE SWEET CORN PORRIDGE	CREMA DE CEBOLLA PUERRO LEEK AND ONION CREAM SOUP
<b>PROTEIN</b>	COCHINITA PIBILL COCHINITA PIBIL (TORTILLA, PORK GOULASH WITH AVOCADO)	ARROZ CAUCANO CAUCANO RICE (PORK, CHICKEN, BACON, RIPE PLANTAIN, NOODLES)	POLLO CON CHAMPIÑONES CHICKEN IN MUSHROOM SAUCE	CUBOS DE RES CON CHIMICHURRI BEEF CUBES WITH CHIMICHURRI	POLLO AL HORNO BAKED CHICKEN
<b>CEREAL</b>			ARROZ PAJARITO PAJARITO RICE	ARROZ BLANCO WHITE RICE	PASTA CARBONARA CREMOSA CREAMY CARBONARA PASTA
<b>LEGUME</b>	PAPA RUSTICA RUSTIC POTATO WEDGES	PAPA CHIPS CHIPS	TOTOPOPOS TORTILLA CHIPS	PAPA SALADA SALTED POTATO	TOSTADA DE PAN TOASTED BREAD
<b>SALAD</b>	ENSALADA DEL CHEF CHEF'S SALAD	RODAJA DE TOMATE TOMATO SLICES	ENSALADA TROPICAL TROPICAL SALAD (LETTUCE, SPINACH, STRAWBERRY AND COCONUT WITH BASIL VINAIGRETTE)	ENSALADA CON AGUACATE SALAD WITH AVOCADO DRESSING	FRUTA DE MANO FRUIT

FRUIT JUICE

	2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday
					
<b>DRINKS</b>	LECHE MILK	JUGO DE MORA BLACKBERRY JUICE	SALPICON FRUIT COCKTAIL (PINEAPPLE, PAPAYA, WATERMELON, BANANA, ORANGE PULP) + COOKIE	SORBETE DE GUAYABA GUAVA SORBET	AGUA DE PANELA PANELA DRINK
<b>SNACK</b>	CEREAL CEREAL	PASTEL GLORIA GLORIA PASTRY		GALLETA INTEGRAL WHOLE GRAIN COOKIE	CROISANT DE QUESO CHEESE CROISANT
<b>FRUIT</b>	BANANO BANANA				
<b>SOUP</b>	SOPA DE PATACON FRIED PLANTAIN	MINISTRONE MINISTRONE	CREMA MEXICANA CON QUESO MEXICAN TOMATO CREAM SOUP (CHEESE CROUTONS, AVOCADO, SWEET CORN, CORIANDER)	MAZAMORRA DULCE SWEET CORN PORRIDGE	CREMA DE CEBOLLA PUERRO LEEK AND ONION CREAM SOUP
<b>PROTEIN</b>	NUGETS DE GARBANZO APANADO BREADED CHICKPEA NUGGETS WITH HONEY MUSTARD	HAMBURGUESA DE LENTEJA LENTIL BURGER WITH CHEESE AND AVOCADO SAUCE		ARROZ CON QUINUA Y VEGETALES RICE WITH SAUTÉED QUINOA AND VEGETABLES (CARROT, ZUCCHINI, BELL PEPPER)	FALAFEL FALAFEL (CHICKPEAS, PARSLEY, GARLIC, ONION, SESAME SEEDS)
<b>CEREAL</b>	ARROZ BLANCO WHITE RICE	ARROZ CON FIDEOS RICE WITH NOODLES	ARROZ PAJARITO PAJARITO RICE		PASTA CREMOSA CREAMY PASTA
<b>LEGUME</b>	PAPA RUSTICA RUSTIC POTATO WEDGES	PAPA VAPOR STEAMED POTATO	TOTOPOPOS TORTILLA CHIPS	PAPA SALADA SALTED POTATO	TOSTADA DE PAN TOASTED BREAD
<b>SALAD</b>	TOMATE CON ALBAHACA TOMATO WITH BASIL	INCLUDED IN THE PROTEIN	PICO DE GALLO PICO DE GALLO (ONION, TOMATO, CORIANDER, LIME)	ENSALADA CON AGUACATE SALAD WITH AVOCADO DRESSING	FRUTA DE MANO FRUIT

FRUIT JUICE

🕒	2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday
<b>FRUIT</b>	MANDARINA TANGERINE	BATIDO DE MARACUYA Y MANGO MANGO, PASSION FRUIT AND MINT SMOOTHIE	MANGO Y PAPAYA MANGO AND PAPAYA	BATIDO DE FRESAY MENTA STRAWBERRY AND MINT SMOOTHIE	INFUSION DE MANZANA Y CANELA APPLE AND CINNAMON INFUSION
<b>SNACK</b>	CALDO DE POLLO Y PAPA CHICKEN, POTATO AND CORIANDER BROTH	QUESO ASADO GRILLED CHEESE	QUESO CHEESE	GALLETA INTEGRAL GRAIN COOKIES	MEDIO SANDWICH DE POLLO Y VEGETALES HALF CHICKEN AND VEGETABLE SANDWICH
<b>PROTEIN</b>	CREMA MEXICANA MEXICAN CREAM SOUP (GRILLED CHEESE CROUTONS, SHREDDED BEEF, AVOCADO SLICE, SWEET CORN, CORIANDER)	PESCADO A LA PARRILLA GRILLED FISH	ROULETTE DE POLLO CHICKEN ROULETTE (CHEESE AND SPINACH)	PESCADO A LA PARRILLA GRILLED FISH	LASAGNA AL HORNO BAKED LASAGNA (PASTA, CHICKEN, CARROT, ZUCCHINI, BECHAMEL SAUCE, CHEESE)
<b>CEREAL</b>	CASCOS DE PAPA POTATO WEDGES	ARROZ CON FIDEOS RICE WITH NOODLES	ARROZ PAJARITO PAJARITO RICE	ARROZ BLANCO WHITE RICE	
<b>SALAD</b>	TOMATE RELLENO STUFFED TOMATO WITH VEGETABLES AND CHEESE	TIRAS GLASEADAS DE ZUCHINI Y ZANAHORIA GLAZED STRIPS (GREEN ZUCCHINI, YELLOW ZUCCHINI, CARROT STRIPS)	FRESA STRAWBERRY	SALTEADO DE VEGETALES SAUTÉED VEGETABLES (CARROT, SQUASH, MUSHROOMS)	FRUTA DE MANO FRUIT

WATER OF LIFE

ESTA MINUTA PUEDE CONTENER ALÉRGENOS