

SCHOOL MENU

JULY

General Food

	13 Monday	14 Tuesday	15 Wednesday	16 Thursday	17 Friday
DRINKS	HOLYDAY	JUGO DE MORA BLACKBERRY JUICE	CHOCOLATE HOT CHOCOLATE	FRUTA PICADA CHOPPED FRUIT	AGUA DE PANELA PANELA DRINK
SNACK		EMPANADA DE POLLO CHICKEN EMPANADA	AREPA AREPA	QUESO CHEESE	PASTEL DE POLLO CHICKEN PASTRY
FRUIT					
SOUP	HOLYDAY	CREMA DE MAIZ CREAMED CORN		SOPA DE PASTA SOUP PASTA	PETO PETO
PROTEIN		PASTA BOLOGNESA BOLOGNESE PASTA	ARROZ CON POLLO CHICKEN AND RICE	CERDO BBQ PORK IN BBQ SAUCE	CARNE CHIMICHURRI STEAK WITH CHIMICHURRI
CEREAL				ARROZ ESPINACA SPINACH RICE	ARROZ BLANCO WHITE RICE
LEGUME		PAN TOSTADO TOASTED BREAD	PATACON PATACON	CRIOLLITAS CREOLE POTATO	PAPA SALADA SALTED POTATO
SALAD		CUCHAREABLE CUCHAREABLE	CREMA VERDURAS VEGETABLE CREAM SOUP	ENS. CON UCHUVAS GOLDEN BERRY SALAD	ENS CON AGUACATE SALAD WITH AVOCADO
		FRUIT JUICE			

JULY

Vegan Food



13

Monday

14

Tuesday

15

Wednesday

16

Thursday

17

Friday

DRINKS

SNACK

FRUIT

SOUP

PROTEIN

CEREAL

LEGUME

SALAD

HOLYDAY

HOLYDAY

JUGO DE MORA
BLACKBERRY JUICE

SANDWICH QUESO
CHEESE SANDWICH

CREMA DE MAIZ
CREAMED CORN

WRAPS
AVOCADO, CHEESE,
QUINOA WRAPS

ARROZ BLANCO
WHITE RICE

PAN TOSTADO
TOASTED BREAD

CUCHAREABLE
CUCHAREABLE

CHOCOLATE
HOT CHOCOLATE

AREPA
AREPA

RAMEN
RAMEN (NOODLES,
BOILED EGG,
SPINACH, MUSHROOM,
SOY SAUCE)

PATACON
PATACON

CREMA VERDURAS
VEGETABLE CREAM SOUP

FRUTA PICADA
CHOPPED FRUIT

QUESO
CHEESE

SOPA DE PASTA
SOUP PASTA

BERENJENA RELLENA
STUFFED EGGPLANT

ARROZ ESPINACA
SPINACH RICE

CRIOLLITAS
CREOLE POTATO

ENS. CON UCHUVAS
GOLDEN BERRY SALAD

AGUA DE PANELA
PANELA DRINK

AREPA AVENA Y QUESO
OAT AREPA AND CHEESE

PETO
PETO

HAMBURGUESA BROCOLI
BROCCOLI BURGER AND CHEESE

ARROZ BLANCO
WHITE RICE

PAPA SALADA
SALTED POTATO

ENS CON AGUACATE
SALAD WITH AVOCADO

FRUIT JUICE

JULY

Modified Menu

	13 Monday	14 Tuesday	15 Wednesday	16 Thursday	17 Friday
FRUIT	HOLYDAY	QUESO CHEESE	CANASTA DE FRUTAS FRUIT BASKET (PAPAYA, MELON, KIWI WITH GRATED CHEESE)	MOUSSE DE MORA Y QUESO STRAWBERRY MOUSSE WITH BLACKBERRY JAM	PARFAIT PARFAIT (ROLLED OATS, PAPAYA, MELON, APPLE, DIET YOGURT)
SNACK		PAPAYA PAPAYA			
PROTEIN	HOLYDAY	ROLLO GRIEGO GREEK-STYLE CHICKEN ROLL	RAMEN RAMEN (EGGS, DICED CHICKEN, SPINACH, MUSHROOM)	DEDITOS DE PESCADO FISH FINGERS	SUPREMA DE POLLO CHICKEN SUPREME
CEREAL		ARROZ BLANCO WHITE RICE		ARROZ ESPIINACA SPINACH RICE	ARROZ BLANCO WHITE RICE
SALAD		FRUTA FRUIT	FRUTA FRUIT	BERENJENA RELLENA STUFFED EGGPLANT	POTECA AHUYAMA PUMPKIN STEW

WATER OF LIFE

ESTA MINUTA PUEDE CONTENER ALÉRGENOS