

SCHOOL MENU

OCTOBER

General Food

	19 Monday	20 Tuesday	21 Wednesday	22 Thursday	23 Friday
DRINKS	LECHE MILK	MELON , PAPAYA+ PIÑA CUBOS DE QUESO Y GALLETAS LECHE FRUIT SALAD WITH CHEESE AND MILK COOKIES	AGUA DE PANELA PANELA DRINK	BATIDO DE GUAYABA GUAVA SMOOTHIE	YOGURT YOGURT
SNACK	TORTA CHOCOLATE AMARGO DARK CHOCOLATE CAKE		AREPA RANCHERA RANCH-STYLE AREPA	GALLETAS CRAKEÑAS CRACKERS	MUFIN MUFFIN
FRUIT				MANZANA APPLE	
SOUP	SOPA COLICERO COLICERO SOUP	SOPA DE AVENA OATMEAL	FRIJOLADA BEANS	CREMA DE TOMATE TOMATO CREAM	CEBADA PERLADA PEARL BARLEY
PROTEIN	POLLO HAWAIANO HAWAIIAN-STYLE CHICKEN	TALLARINES CON POLLO NOODLES WITH CHICKEN	CARNE MOLIDAS GROUND BEEF	POLLO SALSA DURAZNO CHICKEN IN PEACH SAUCE	CERDO NAPOLITANA PORK IN NAPOLITAN SAUCE
CEREAL	ARROZ BLANCO WHITE RICE		ARROZ BLANCO WHITE RICE	ARROZ BLANCO WHITE RICE	ARROZ CON ZANAHORIA CARROT RICE
TUBERS	PAPA FRANCESA FRENCH FRIES	PAN TOSTADO TOAST BREAD	TAJADAS DE MADURO PLANTAIN SLICES	PAPA CRIOLLA CREOLE POTATOES	CILINDROS DE PLATANO PLANTAIN ROLLS
SALAD	ENSALADA DE REPOLLO COLESLAW	CUCHAREABLE CUCHAREABLE	ENSALADA CON AGUACATE SALAD WITH AVOCADO	LECHUGA, BROCOLI, COLIFLOR, ZANAHORIA TRADITIONAL SALAD	LECHUGA, MANGO, PIÑA, CREMA HAPPY TROPICAL SALAD
FRUIT JUICE					

OCTOBER

Vegan Food

	19 Monday	20 Tuesday	21 Wednesday	22 Thursday	23 Friday
					
DRINKS	LECHE MILK	MELON , PAPAYA+ PIÑA CUBOS DE QUESO Y GALLETA LECHE FRUIT SALAD WITH CHEESE AND MILK COOKIES	AGUA DE PANELA PANELA DRINK	BATIDO DE GUAYABA GUAVA SMOOTHIE	YOGURT YOGURT
SNACK	TORTA CHOCOLATE AMARGO DARK CHOCOLATE CAKE		AREPA CON QUESO AREPA WITH CHEESE	GALLETAS CRAKEÑAS CRACKERS	MUFIN MUFFIN
FRUIT				MANZANA APPLE	
SOUP	SOPA COLICERO COLICERO SOUP	SOPA DE AVENA OATMEAL	FRIJOLADA BEANS	CREMA DE TOMATE TOMATO CREAM	CEBADA PERLADA PEARL BARLEY
PROTEIN	TALLARINES CON CARVE NOODLES WITH SOY PROTEIN	HUMUS CON MAIZ HUMMUS WITH CORN	HUEVO FRITO FRIED EGG	OMELETTE MUSHROOM AND CHEESE OMELETTE	ARVEJA VERDE GREEN PEAS
CEREAL		ARROZ BLANCO WHITE RICE	ARROZ BLANCO WHITE RICE	ARROZ BLANCO WHITE RICE	ARROZ CON ZANAHORIA CARROT RICE
TUBERS	PAPA FRANCESA FRENCH FRIES	PAN TOSTADO TOAST BREAD	TAJADAS DE MADURO PLANTAIN SLICES	PAPA CRIOLLA CREOLE POTATOES	CILINDROS DE PLATANO PLANTAIN ROLLS
SALAD	ENSALADA DE REPOLLO COLESLAW	CUCHAREABLE CUCHAREABLE	ENSALADA CON AGUACATE SALAD WITH AVOCADO	LECHUGA, BROCOLI, COLIFLOR, ZANAHORIA TRADITIONAL SALAD	LECHUGA, MANGO, PIÑA, CREMA HAPPY TROPICAL SALAD
	FRUIT JUICE				

OCTOBER

Modified Menu



19

Monday

FRUIT

SNACK

PROTEIN

CEREAL

VEGETABLES

PARFAIT DE FRUTAS
PARFAIT (ROLLED OATS,
PAPAYA, MELON, APPLE,
DLOW-FATYOGURT)

CREMA ITALIANA
ITALIAN CREAMY CHEESE
SOUPWITH SHREDDED
CHICKEN

ARROZ BLANCO
WHITE RICE

POTECA DE AHUYAMA
PUMPKIN STEW

20

Tuesday

YOGURT DIETETICO
LOW-FATYOGURT

PAPAYA
PAPAYA

ROULETTE DE POLLO
CHICKEN ROULADE
(CHEESE AND SPINACH)

PLATANO HOGAO
PLANTAIN WITH HOGAO

ESPINACA CREMA
CREAMED SPINACH

21

Wednesday

CREPES
STRAWBERRY AND
MANGO CREPES (PLAIN
CREPE, CHEESE, SUGAR-
FREE PINEAPPLE JAM)

PASTA ASIATICA
ASIAN-STYLE PASTA
WITH CHICKEN
(MUSHROOM,
BROCCOLI, DICED
CHICKEN, SOY SAUCE)

YOGURT DIETETICO
LOW-FAT YOGURT

22

Thursday

QUESO
CHEESE

PANCAKE MANGO Y FRESA
MANGO AND STRAWBERRY
PANCAKES

CARNE
BEEF

ARROZ BLANCO
WHITE RICE

BERENJENA APANADA
BREADED EGGPLANT IN
NAPOLITAN SAUCE

23

Friday

KIWI, FRESA Y
QUESO ASADO
KIWI, STRAWBERRY,
AND GRILLED CHEESE

ROLLO DE PESCADO
FISH ROLL (BASA FILLET,
ZUCCHINI)

PAPA VAPOR
STEAMED POTATO

TOMATE CAPRESEI
CAPRESE TOMATO

WATER OF LIFE