

## Menu

Day		1st Day	2nd Day	3rd Day	4th Day	5th Day
BREAKFAST	Fruit		Fruit	Fruit	Fruit	Fruit
	Beverages		Juice ,Milk	Juice, Milk	Juice, Milk	Juice, milk
	Main Course		Scrambled eggs & sausages	Scrambled machaca & eggs	Scrambled ham & eggs	Red Chilaquiles
	Side Dish		Sweet Bread	Sweet Bread	Sweet Bread	Sweet Bread
	Vegetarian Option		Green Chilaquiles	Mini pancakes	French Toast	Hash brown potatoes
SNACK		Jicama, cucumbers, and carrots	Yogurt, Energy bar	Sandwich & Juice	Piece of fruit , juice	
LUNCH	Beverages	Flavored Water	Flavored Water	Flavored Water	Flavored Water	Bottled Water
	Soup	Buttered Pasta	Noodle Soup	Tortilla Soup	Pork Rind Cream Soup	-----
	Main Course	Beef & Vegetables Skillet Fry	Chicken Tinga	Meatloaf	Chicken Fajitas, Beefsteak in green sauce	Ham & Cheese Baguette
	Garnish	Fresh salad, refried beans	Rice with mixed vegetables	Shredded Beef	Fresh Salad	Piece of Fruit
	Dessert	Peaches & Cream	Lemon Sherbet	Mosaic Jell-O	Lemon Jell-O	Chocolate
	Vegetarian Option	Sautéed Vegetables	Fried Tacos	Salad with seed toppings	Potato Croquets in green sauce	Bean & Cheese Baguette
DINNER	Beverages	Flavored Water/Milk	Flavored Water/Milk	Flavored Water/Milk	Flavored Water/Milk	
	Main Course	Ham & Cheese Burritos	Chicken Skewers	Tamales	Ham & Cheese Quesadillas	
	Alternative	Cereal, salad	Sweet Bread	Cereal	Sweet Bread, cereal	
	Vegetarian Option	Molletes	Pastries	Tamales	Mini sopes	

\* The day in which each section goes to Real del Monte, we eat in the town.