

		Day 1	Day 2	Day 3	Day 4
Consider coffee and tea for adults.					
BREAKFAST	Fruit		Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
	Beverage		Orange juice, chocolate milk	Orange juice, chocolate milk	Orange juice, chocolate milk
	Main dish		Pancakes with honey and ham rolls	Grilled sandwich.	Scrambled eggs with ham.
	Side Dish		Ham rolls, cereal, and jam.	Cereal and sweet bread.	Cereal and sweet bread.
	Vegetarian option		Fruit cocktail.	Ham-free sandwich	Vegetable Omelette.
SNACK	Beverage	Flavored water / Natural water	Flavored water / Natural water	Flavored water / Natural water	Flavored water / Natural water
	Details	Cheese and bean quesadillas.	Cucumber and jicama with tajín and lime.	Watermelon slices with tajín and lime.	Orange slices with tajín and lime.
MEAL	Beverage	Flavored water / Natural water	Flavored water / Natural water	Flavored water / Natural water	Flavored water / Natural water
	Soup	Spaghetti	Noodle soup.	Vegetable soup.	White rice.
	Main dish	Grilled chicken breast.	Hamburger with fries.	Crispy chicken tacos.	Meatballs.
	Side dish	Mashed potatoes.	French fries with salad.	Guacamole and beans.	Steamed vegetables.
	Dessert	Lemon pie.	Strawberries with cream.	Jelly	Cake with flan.
	Vegetarian option	Potato croquettes and chickpea alambre	Lentil patty burgers.	Crispy potatoe tacos.	Soy meatballs.
	Specifications	Green salads to accompany meals / Consider coffee and tea for adults.			
DINNER	Beverage	Flavored water/chocolate milk	Flavored water/chocolate milk	Flavored water/chocolate milk	
	Main Dish	Chicken tostadas.	Cheese and ham quesadillas (sincronizadas)	Molletes with pico de gallo	
	Side dish	Cheese, cream, beans and lettuce.	Salad.	Green salad, sweet bread and cereal	
	Vegetarian option	Bean tostadas with avocado.	Mexican-style scrambled eggs burritos.	Molletes with pico de gallo	
	Specifications:	Serve sweet bread and cereal with dinners – Consider coffee and tea for adults.			