

.		Day 1	Day 2	Day 3
Consider coffee and tea for adults.				
Breakfast	Fruit		Seasonal Fruit	Seasonal Fruit
	Beverage		Orange juice, chocolate milk	Orange juice, chocolate milk
	Main dish		Pancakes with honey and ham rolls	Scrambled eggs with ham.
	Side Dish		Ham rolls, cereal, and jam.	Beans, bread with butter, and jam.
	Vegetarian option		Fruit cocktail and granola.	Eggs with vegetables and bread with butter.
Snack	Beverage	Flavored water / Natural water	Flavored water / Natural water	Flavored water / Natural water
	Details	Cheese and bean quesadillas.	Cucumber and jicama with tajín and lime.	Orange slices with tajín and lime.
Meal	Beverage	Flavored water / Natural water	Flavored water / Natural water	Flavored water / Natural water
	Soup	Spaghetti	Noodle soup.	White rice
	Main dish	Roasted chicken breast	Burger with fries.	Meatballs
	Side dish	Mashed potatoes	French fries, salad	Salad
	Dessert	Ice cream	Freeze danonino	Jelly
	Vegetarian option	Vegetable and chickpea skewer	Burger with lentil patty	Soy Meatballs
	Specifications	Green salads to accompany meals / Consider coffee and tea for adults.		
Dinner	Beverage	Flavored water/chocolate milk	Flavored water/chocolate milk	
	Main Dish	Grilled Sandwich	Molletes, cheese, pico de gallo	
	Side dish	Green salad, sweet bread and cereal	Salad, quesadillas, sweet bread	
	Vegetarian option	Sandwich without ham, cheese, and avocado.	Burritos "huevo a la mexicana"	
	Specifications:	Serve sweet bread and cereal with dinners – Consider coffee and tea for adults.		