

		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 tajin and lime.	Watermelon slices with tajin and lime.
Meal	Beverage	Flavored water / Natural water	Flavored water / Natural water	Flavored water / Natural water
	Soup	Spaghetti	White rice	Noodle soup.
	Main dish	Roasted chicken breast	Crispy chicken tacos	Burger with fries.
	Side dish	Mashed potatoes	Salad, cream and cheese	French fries, salad
	Dessert	Lemon pie	Impossible cake	Banofi
	Vegetarian option	Vegetable and chickpea skewer	Crispy potato tacos	Burger with lentil patty
	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 with pico de gallo	
	Side dish	Russian salad, sweet bread and cereal	Salad, sweet bread and cereal	
	Vegetarian option	Sandwich without ham, cheese, and avocado.	Molletes with pico de gallo	
	Specifications:	Serve sweet bread and cereal with dinners – Consider coffee and tea for adults.		