

SEMANA 01

NAME:
WEEK OF

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST BREAD OR ALT. FRUIT/VEG MILK	Queijo/ovos	Presunto de Peru		Pate de Atum	Ovos Mexidos
	WG Bagel	WG Cereal Frio	WG panqueca	WG Torradas	WG Waffles
	Maca	Pera	Ameixa	Mamao	kiwi
	Leite	Leite	Leite	Leite	Leite
	XXXXXXXXXXXX	XXXXXXXXXXXX	XXXXXXXXXXXX	XXXXXXXXXXXX	XXXXXXXXXXXX
AM SNACK SELECT 2 MEAT/ALTERNATE BREAD/ALTERNATE FRUIT/VEG MILK	Pate de Atum	Queijo Magro			
	Cenoura/Celery	WG Tortilhas	WG Tostada	Pao de Queijo	
			Brocoli	Milk	Abacaxi
					Milk
	XXXXXXXXXXXX	XXXXXXXXXXXX	XXXXXXXXXXXX	XXXXXXXXXXXX	XXXXXXXXXXXX
LUNCH MEAT/ALTERNATE BREAD/ALTERNATE FRUIT / VEG FRUIT / VEG MILK	File de Peixe	Peito de frango	Carne Moida	Ovos cozido	Figado de Galinha
	Arroz Integral	WG Macarrao	Quinoa	WG Espaguett	Arroz Integral
	feijao/Abobora	Espinafre	Feijao preto/brocoli	Milho/Ervilha	Feijao /Batata
	Abacaxi	Tangerina	Melancia	Pera	Manga
	Leite	Leite	Leite	Leite	Leite
XXXXXXXXXXXX	XXXXXXXXXXXX	XXXXXXXXXXXX	XXXXXXXXXXXX	XXXXXXXXXXXX	XXXXXXXXXXXX
PM SNACK SELECT 2 MEAT/ALTERNATE BREAD FRUIT/VEG MILK					
	Bolo de cenoura		Pao de queijo	WG Muffins	Yogurte
	Blueberries	Melao	Suco de laranja		Pessego
	Leite	Leite		Leite	
	XXXXXXXXXXXX	XXXXXXXXXXXX	XXXXXXXXXXXX	XXXXXXXXXXXX	XXXXXXXXXXXX
SUPPER MEAT/ALTERNATE BREAD/ALTERNATE FRUIT / VEG FRUIT / VEG MILK	Carne de boi moida	Costela de porco	Presunto de Peru	Almondegas	Camarao
	Arroz Integral	WG Macarrao	Pao Integral	WG Macarrao	Arroz Integral
	Feijao/tomate/pepino	Legumes Cozido	Couve/Tomate	Cenoura/Ervilha	Tomate/milho
	Manga	Tangerina	Melao	Laranja	Bananas
	Leite	Leite	Leite	Leite	Leite

MENU PREPARED BY

Semana 02

NAME:

WEEK OF

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>BREAKFAST</u>		Ovos Mexidos	Ham	Queijo Mozzarella	Salami
BREAD OR ALT.	WG Waffles	WG Cereal	WG Torradas	Aveia	WG Torradas
FRUIT/VEG	Melao	Morango	Maca	Bananas	Mamao
MILK	Leite	Leite	Leite	leite	leite
XXXXXXXXXXXX	XXXXXXXXXXXX	XXXXXXXXXXXX	XXXXXXXXXXXX	XXXXXXXXXXXX	XXXXXXXXXXXX
<u>AM SNACK</u> <small>SELECT 2</small>					
MEAT/ALTERNATE			Queijo mozzarella		Bolo de milho
BREAD/ALTERNATE	Tortilha Chips		Pao		
FRUIT/VEG	Molho de Tomate	Maca		Banana	
MILK	leite	Leite	Leite	Leite	Leite
XXXXXXXXXXXX	XXXXXXXXXXXX	XXXXXXXXXXXX	XXXXXXXXXXXX	XXXXXXXXXXXX	XXXXXXXXXXXX
<u>LUNCH</u>					
MEAT/ALTERNATE	Carne Boi Moida	Carne de porco	Salmao	Carne boi Cozida	Carne de Frango
BREAD/ALTERNATE	WG Espaguet	WG Tortilha	Arroz Integral	WG Biscuit	Arroz Integral
FRUIT / VEG	Tomate /milho	Feijao/ Batata frita	Feijao / Espinafre	Vagens	Feijao/Quiabo
FRUIT / VEG	Abacaxi	Melao	Laranja	Pesego	Abacaxi
MILK	Leite	Leite	Leite	Leite	Leite
XXXXXXXXXXXX	XXXXXXXXXXXX	XXXXXXXXXXXX	XXXXXXXXXXXX	XXXXXXXXXXXX	XXXXXXXXXXXX
<u>PM SNACK</u> <small>SELECT 2</small>					
MEAT/ALTERNATE	Pate de Atum		Ovos mexidos		Queijo mussarela
BREAD	Pao	muffin	pao	Pao de queijo	
FRUIT/VEG					pera
MILK	leite	leite	leite	leite	
XXXXXXXXXXXX	XXXXXXXXXXXX	XXXXXXXXXXXX	XXXXXXXXXXXX	XXXXXXXXXXXX	XXXXXXXXXXXX
<u>SUPPER</u>					
MEAT/ALTERNATE	tilapia	Presunto de peru	Peito de frango	Costela de porco	Salmao
BREAD/ALTERNATE	arroz	Pao	arroz	Arroz/feijao	Arroz/feijao
FRUIT / VEG	Batata frita	tomate/alface	Feijao / Espinafre	quiabo	Milho/tomate
FRUIT / VEG	blubberies	Salada de Frutas	maca	manga	morango
MILK	leite	leite	leite	leite	leite

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- Semana 03

NAME:

WEEK OF

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Presunto		Ovos Mexidos	Queijo
BREAD OR ALT.	WG Waffles	Pao de queijo	Aveia	Cheerios	Croissants
FRUIT/VEG	kiwi	Pessego	Morangos	Mamao	laranja
MILK	Leite	leite	leite	leite	leite
XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX
AM SNACK <small>SELECT 2</small>					
MEAT/ALTERNATE		Carne Moida		Presunto	Ovos Cozido
BREAD/ALTERNATE	WG Tostada	WG Tortilha	WG Panquecas		WG Pao
FRUIT/VEG	Apple Sauce		Leite	Batata Assada	Leite
MILK					
XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX
LUNCH					
MEAT/ALTERNATE	Figado de Boi	Almondegas HM	Carne de Porco	Tilapia	Carne Boi Moida
BREAD/ALTERNATE	WG macarrao	Quinoa	WG Pao	WG Macarrao	Pao Integral
FRUIT / VEG	Vagens/cenoura	Tomate/feijao	Salada de legumes	Cenoura/milho	Alface/tomate/pepino
FRUIT / VEG	Ameixa	Melao	Bananas	Manga	Melancia
MILK	leite	leite	leite	leite	leite
XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX
PM SNACK <small>SELECT 2</small>					
MEAT/ALTERNATE	Presunto de Peru		Pate de Atum	Yogurte	
BREAD	WG Pao	WG Panquecas	WG Tostada		Bolo de chocolate
FRUIT/VEG		Morango	Pera	Kiwi	
MILK	Leite	leite			Leite
XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX
SUPPER					
MEAT/ALTERNATE	Coxa de galinha	Tilapia	Figado de porco	Peito de frango	Queijo/presunto
BREAD/ALTERNATE	Arroz Integral	WG Macarrao	Arroz Integral	WG Bread Stick	HM Pizza
FRUIT / VEG	Tomate/pepino	Abobora Madura	Feijao/brocolis	Cenoura	Tomate/brocolli
FRUIT / VEG	Feijao/laranja	Melao	Bananas	Ameixa	Morangos
MILK	leite	Leite	leite	Leite	Leite

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Queijo	Ovos Mexidos	Presunto de Frango	Bolinho de chuva	Cheerios
BREAD OR ALT	WG Bagel	WG waffles	WG Torradas	Abacaxi	banana
FRUIT/VEG	Maca	Pessego	Kiwi	Leite	Leite
MILK	Leite	Leite	Leite	Leite	Leite
XXXXXXXXXXXXX	XXXXXXXXXXXXX	XXXXXXXXXXXXX	XXXXXXXXXXXXX	XXXXXXXXXXXXX	XXXXXXXXXXXXX
AM SNACK <small>SELECT 2</small>					
MEAT/ALTERNATE	Pate de Atum		Queijo Mossarela		Presunto de Peru
BREAD/ALTERNATE	WG Crackers			WG Tortilha	Pao de queijo
FRUIT/VEG		Abacaxi	Batata Assada	AbacateGuacamole	
MILK		Leite			
XXXXXXXXXXXXX	XXXXXXXXXXXXX	XXXXXXXXXXXXX	XXXXXXXXXXXXX	XXXXXXXXXXXXX	XXXXXXXXXXXXX
LUNCH					
MEAT/ALTERNATE	Almondegas HM	Carne de Galinha	Peixe frito	Ovos cozido	Carne boi
BREAD/ALTERNATE	Pao Integral	WG Pita Bread	Arroz Integral	WG Macarrao	Arroz Integral
FRUIT / VEG	Broccoli	Espinafre/feijao	Abobora/feijao	Cenoura/Pimentao	Feijao/quiaabo
FRUIT / VEG	melao	Laranja	Abacaxi	Bananas	Melao
MILK	Leite	Leite	Leite	Leite	Leite
XXXXXXXXXXXXX	XXXXXXXXXXXXX	XXXXXXXXXXXXX	XXXXXXXXXXXXX	XXXXXXXXXXXXX	XXXXXXXXXXXXX
PM SNACK <small>SELECT 2</small>					
MEAT/ALTERNATE	Presunto de peru		iorgute	Presunto	Queijo muzzarella
BREAD		muffin		Pao	
FRUIT/VEG	Ameixa		banana	Laranja	morangos
MILK	Leite	Leite	Leite	Leite	Leite
XXXXXXXXXXXXX	XXXXXXXXXXXXX	XXXXXXXXXXXXX	XXXXXXXXXXXXX	XXXXXXXXXXXXX	XXXXXXXXXXXXX
SUPPER					
MEAT/ALTERNATE	Carne boi moida	salmao	Linguica de porco	Peito de Galinha	Atum
BREAD/ALTERNATE	Arroz Integral	Arroz Integral	Macarrao	WG Bread	WG Marroni
FRUIT / VEG	Feijao/couve	Radish /espinafre	brocoli	Couve flor	Repolho/Tomates
FRUIT / VEG	mamao	Laranja	Abacaxi	Ameixa	Pessego
MILK	Leite	Leite	Leite	Leite	Leite.

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WEEK OF

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Presunto Peru		Queijo Magro	Peito de Frango	Queijo Magro
BREAD OR ALT.	WG Pao	WG Cheerios	WG Waffles	WG Pao	WG English Marfim
FRUIT/VEG	Banana	Morangos	Pesseg	Ameixa	Manga
MILK	Leite	Leite	Leite	Leite	Leite
XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX
AM SNACK <small>SELECT 2</small>					
MEAT/ALTERNATE	Yogurte			Queijo Cottage	Presunto de Frango
BREAD/ALTERNATE		WG Tostada	Bolo de Milho	WG Tostada	
FRUIT/VEG	Brocoli		Kiwi		Abacaxi
MILK		Leite			
XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX
LUNCH					
MEAT/ALTERNATE	Beef de boi	Peito de Frango	Costela de Porco	Ovos Mexidos	Queijo/Presunto
BREAD/ALTERNATE	Arroz Integral	WG Macarrao	Arroz Integral	Arroz Integral	WG Macarrao
FRUIT / VEG	Feijao Pinto	Ervilha/Milho	Quiabo	Salada Verde	Brocoli
FRUIT / VEG	Manga	Abacaxi	Melao	Melancia	Milho Verde
MILK	Leite	Leite	Leite	Leite	Leite
XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX
PM SNACK <small>SELECT 2</small>					
BREAD				WG Tortilha	Bolo de Coco
MEAT/ALTERNATE	Bolo de Cenoura	Yorgute			
FRUIT/VEG		Pesseg	Batata Doce Assad.	Molho de Tomate	Laranja
MILK	Leite		Leite		
XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX	XXXXXXXXXXXXXX
SUPPER					
MEAT/ALTERNATE	Queijo Magro	Linguica de Porco	Carne de boi moída	Coxa de Frango	Figado de Boi
BREAD/ALTERNATE	WG Lasanha	WG Pao	Arroz Integral	WG Tostada	Arroz Integral
FRUIT / VEG	Tomate/Pepino	Alface/Beterraba	Inhame	Abobora Verde	Feijao Preto
FRUIT / VEG	Maca	Laranja	Mamao	Abacate	Radish
MILK	Leite	Leite	Leite	Leite	Leite

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