

Week-08/13/2023

	Snack1	Lunch	Snack 2	Snack 3
Monday	Homemade Banana muffins	Yogurt rice with fried broccoli fritters	Graham cracker and Strawberry	Cheez it with apple
Tuesday	Tomato soup with tortilla chips	Tofu curry with Roti (wheat tortilla)	Flavored yogurt with strawberry	Whole grain snack bar and apple
Wednesday	Oatmeal with banana	Pav Bhaji (vegetable curry with dinner rolls)	Milk and cereal	Cheez it and banana
Thursday	Sweet potatoes fries with oranges	Idli (savory rice cakes) with veggie dip	Multigrain cookies with apples	Milk and cereal
Friday	Sweet bread toast with apples	Macaroni and cheese with vegetables	Gold fish with banana	Flavored yogurt drink

Milk and water are available all the time for children.

Fruits and vegetables can change according to availability.