

# PRE-SCHOOLERS SNACKS

## IC MENU | RAS BEIRUT CAMPUS

### 01 WEEK 1

|                  |  |
|------------------|--|
| <b>MONDAY</b>    | Mankouche thyme – cherry tomatoes<br>Apple   |
| <b>TUESDAY</b>   | Whole-grain toast with labneh dip – cucumber sticks<br>Banana  |
| <b>WEDNESDAY</b> | Pain au lait with philadelphia cheese – cherry tomatoes<br>Vanilla muffins sweetened with honey (no sugar) |
| <b>THURSDAY</b>  | Grissini with labneh dip – cucumber sticks<br>Apple  |
| <b>FRIDAY</b>    | Thyme sandwich with whole-grain lebanese pita<br>bread – cherry tomatoes<br>Banana                         |

### 02 WEEK 2

|                  |  |
|------------------|--|
| <b>MONDAY</b>    | Croissant thyme – cucumber sticks<br>Apple   |
| <b>TUESDAY</b>   | Rice cake with labneh dip – cherry tomatoes<br>Banana  |
| <b>WEDNESDAY</b> | Markouk with mozzarella cheese – cucumber sticks<br>Sfouf sweetened with molasses (no sugar) |
| <b>THURSDAY</b>  | Whole-grain toast with labneh dip – cherry tomatoes<br>Apple                                 |
| <b>FRIDAY</b>    | OFF  |

### 03 WEEK 3

|                  |   |
|------------------|---|
| <b>MONDAY</b>    | Mankouche thyme – cucumber sticks<br>Apple  |
| <b>TUESDAY</b>   | Grissini with labneh dip – cherry tomatoes<br>Banana  |
| <b>WEDNESDAY</b> | Kachkawan sandwich with whole-grain lebanese<br>pita bread – cucumber sticks<br>Oat cookies sweetened with honey (no sugar) |
| <b>THURSDAY</b>  | Rice cake with labneh dip – cherry tomatoes<br>Apple  |
| <b>FRIDAY</b>    | Thyme sandwich with whole-grain lebanese pita<br>bread – cherry tomatoes<br>Banana  |

### 04 WEEK 4

|                  |  |
|------------------|--|
| <b>MONDAY</b>    | Croissant thyme – cucumber sticks<br>Apple   |
| <b>TUESDAY</b>   | Whole-grain toast with labneh dip – cherry tomatoes<br>Banana  |
| <b>WEDNESDAY</b> | Pain au lait with philadelphia cheese – cucumber sticks<br>Vanilla muffins sweetened with honey (no sugar) |
| <b>THURSDAY</b>  | Grissini with labneh dip – cherry tomatoes<br>Apple  |
| <b>FRIDAY</b>    | Thyme sandwich with whole-grain lebanese pita<br>bread – cucumber sticks<br>Banana                         |