

snacks

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Yogurt with Apple Purée	Orangeade	Milk	Yogurt with Red Fruits, Mango and Granola	Milk
	Spelt	Grain Bread with Cream Cheese	Oat and Banana Pancake + Honey		Corn Cracker with Babybel and Carrot Sticks
Energy Value (Kcal)	136,4	117,95	163,45	126,56	150,98
Proteins (gr)	7,91	3,31	10,65	5,3	7,83
Lipids (gr)	2,54	0,67	4,7	4,19	3,63
Carbohydrates (gr)	19,44	26,41	19,34	16,08	21,63

* banana/cocoa, carrot, pear ou apple/cinnamon alternately

Bread can be served w/ 1 slice of cheese, 5gr of butter or 10 gr of honey/jam (recommended doses)

	Dose by age group		Allergens	
	KG	Grade 1 to 6	lactose free:	glúten free:
Bread	1 un	1 un	✓	
Cereals	40 gr	45 gr	✓	
Granola	40 gr	45 gr	✓	✓
Milk / Milkshake	150ml	200ml		✓
Yogurt	125ml	125ml		✓
Cake	1 slice	1 slice		
Crackers	3un / 10 gr	3un / 10 gr		
Fruit	70 a 100 gr	70 a 100 gr	✓	✓
Carrot Sticks	50gr	50gr	✓	✓
Lactose free milk / Oat drink	150ml	200ml	✓	✓

* just for intolerant

Data de Alteração: 30/08/2022