

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**1**

**HAPPY  
LABOR  
DAY**

**2**

**Whole Grain Concha  
Fruit  
Milk  
(1% or Fat-Free)**

**3**

**Blueberry Muffin  
Fruit  
Milk  
(1% or Fat-Free)**

**4**

**Mini Benefit Bar  
with String Cheese  
Fruit  
Milk  
(1% or Fat-Free)**

**5**

**Belgian Waffle  
Fruit  
Milk  
(1% or Fat-Free)**

**8**

**Benefit Bar  
Fruit  
Milk  
(1% or Fat-Free)**

**9**

**Elote Bread  
Fruit  
Milk  
(1% or Fat-Free)**

**10**

**Strawberry Oatmeal Bar  
with String Cheese  
Fruit  
Milk  
(1% or Fat-Free)**

**11**

**Banana Bread  
Fruit  
Milk  
(1% or Fat-Free)**

**12**

**Mango Smoothie &  
Graham Crackers  
Fruit  
Milk  
(1% or Fat-Free)**

**15**

**Whole Grain Concha  
Fruit  
Milk  
(1% or Fat-Free)**

**16**

**Blueberry Muffin  
Fruit  
Milk  
(1% or Fat-Free)**

**17**

**Mini Benefit Bar  
with String Cheese  
Fruit  
Milk  
(1% or Fat-Free)**

**18**

**Yogurt with  
Granola Dippers  
Fruit  
Milk  
(1% or Fat-Free)**

**19**

**Cherry Chocolate  
Granola Bake  
Fruit  
Milk  
(1% or Fat-Free)**

**22**

**Benefit Bar  
Fruit  
Milk  
(1% or Fat-Free)**

**23**

**Elote Bread  
Fruit  
Milk  
(1% or Fat-Free)**

**24**

**Strawberry Oatmeal Bar  
with String Cheese  
Fruit  
Milk  
(1% or Fat-Free)**

**25**

**Banana Bread  
Fruit  
Milk  
(1% or Fat-Free)**

**26**

**Mango Smoothie &  
Graham Crackers  
Fruit  
Milk  
(1% or Fat-Free)**

**29**

**Whole Grain Concha  
Fruit  
Milk  
(1% or Fat-Free)**

**30**

**Blueberry Muffin  
Fruit  
Milk  
(1% or Fat-Free)**

**1**

**Mini Benefit Bar  
with String Cheese  
Fruit  
Milk  
(1% or Fat-Free)**

**2**

**Yogurt with  
Granola Dippers  
Fruit  
Milk  
(1% or Fat-Free)**

**3**

**Belgian Waffle  
Fruit  
Milk  
(1% or Fat-Free)**

### DID YOU KNOW?

All of the grains served in our breakfast are made with whole grains, filled with fiber, protein, and important vitamins & minerals.



Contact Us:  
707-253-3541  
1360 Menlo Ave.  
Napa, CA 94558

 @nosh\_napa

This institution is an equal opportunity provider.

## LUNES

## MARTES

## MIÉRCOLES

## JUEVES

## VIERNES

1

**HAPPY  
LABOR  
DAY**

2

Concha Integral  
Fruta  
Leche  
(1% o Sin Grasa)

3

Muffin de Arándanos  
Fruta  
Leche  
(1% o Sin Grasa)

4

Barrita Benefit Mini  
con Queso en Tiras  
Fruta  
Leche  
(1% o Sin Grasa)

5

Gofre belga  
Fruta  
Leche  
(1% o Sin Grasa)

8

Barrita Benefit  
Fruta  
Leche  
(1% o Sin Grasa)

9

Pan de Elote  
Fruta  
Leche  
(1% o Sin Grasa)

10

Barrita de Fresa con  
Queso en Tiras  
Fruta  
Leche  
(1% o Sin Grasa)

11

Pan de Plátano  
Fruta  
Leche  
(1% o Sin Grasa)

12

Batido de mango y  
galletas Graham  
Fruta  
Leche  
(1% o Sin Grasa)

15

Concha Integral  
Fruta  
Leche  
(1% o Sin Grasa)

16

Muffin de Arándanos  
Fruta  
Leche  
(1% o Sin Grasa)

17

Barrita Benefit Mini  
con Queso en Tiras  
Fruta  
Leche  
(1% o Sin Grasa)

18

Yogur con Granola  
Fruta  
Leche  
(1% o Sin Grasa)

19

Granola horneada con  
cerezas y chocolate con  
leche de frutas (1% o sin  
grasa)

22

Barrita Benefit  
Fruta  
Leche  
(1% o Sin Grasa)

23

Pan de Elote  
Fruta  
Leche  
(1% o Sin Grasa)

24

Barrita de Fresa con  
Queso en Tiras  
Fruta  
Leche  
(1% o Sin Grasa)

25

Pan de Plátano  
Fruta  
Leche  
(1% o Sin Grasa)

26

Batido de mango y  
galletas Graham  
Fruta  
Leche  
(1% o Sin Grasa)

29

Concha Integral  
Fruta  
Leche  
(1% o Sin Grasa)

30

Muffin de Arándanos  
Fruta  
Leche  
(1% o Sin Grasa)

1

Barrita Benefit Mini  
con Queso en Tiras  
Fruta  
Leche  
(1% o Sin Grasa)

2

Yogur con Granola  
Fruta  
Leche  
(1% o Sin Grasa)

3

Gofre belga  
Fruta  
Leche  
(1% o Sin Grasa)

### ¿SABÍAS?

Todos los granos que servimos en nuestro desayuno están hechos con granos integrales, llenos de fibra, proteínas y vitaminas y minerales importantes.



Contáctenos:  
707-253-3541  
1360 Avenida Menlo  
Napa, CA 94558

 @nosh\_napa

Esta institución es un proveedor que ofrece igualdad de oportunidades.