








































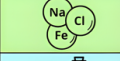


YOU BELONG

SNACK MENU

EARLY YEARS

JUNE 2026

OPTIONS	MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
FRUIT	Apple - papaya 	Strawberry - melon 	Watermelon - pear 	Pickles - orange 	Broccoli - strawberries 
SNACK	Quesadilla - guacamole 	Hash browns - scrambled eggs 	Meat empanada 	Whole wheat toast - chicken salad 	French toast - banana 
OPTIONS	MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
FRUIT	Banana - strawberries 	Papaya - pineapple 	Watermelon - pear 	Apple - melon 	Pickles - orange 
SNACK	Whole grain cereal - milk 	Tomato and basil flute 	Cheese empanada 	Tuna salad - saltine crackers 	Zucchini, carrot and banana muffin. 
OPTIONS	MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
FRUIT	Apple - tangerine 	Banana - strawberry 	Watermelon - melon 	Pear - orange 	Broccoli and cucumber 
SNACK	Cheese toast on whole wheat bread 	Natural yogurt - granola 	Creole potatoes - meatballs 	Cassava bread - yogurt 	Banana and strawberry crepe 
OPTIONS	MONDAY 22	TUESDAY 23	WEDNESDAY 24		
FRUIT	Pear - orange 	Melon - pineapple 	Papaya - strawberry 		
SNACK	Bean and cheese flautas - guacamole 	Scrambled egg - wholemeal toast 	Cassava tortillas - tuna salad 		

 **PROTEINS** (animal and plant-based)
 **MICRONUTRIENTS** (vitamins, minerals, and trace elements)
 **FATS** (saturated, monounsaturated, polyunsaturated, trans fats, and cholesterol)
 **CARBOHYDRATES** (simple and complex)





MENU SNACK

EARLY YEARS

JUNIO 2026

OPCIONES	LUNES 1	MARTES 2	MIÉRCOLES 3	JUEVES 4	VIERNES 5
FRUTA	Manzana - papaya	Frutilla - melon	Sandia - pera	Pepinillos - naranja	Broccoli - frutillas
SNACK	Quesadilla - guacamole	Hash brown- huevo revuelto	Empanada de carne	Tostada integral - ensalada de pollo	Tostada francesa - banano
OPCIONES	LUNES 8	MARTES 9	MIÉRCOLES 10	JUEVES 11	VIERNES 12
FRUTA	Banano - frutillas	Papaya - piña	Sandia - pera	Manzana - melon	Pepinillos - naranja
SNACK	Cereal integral - leche	Flauta de tomate y albahaca	Empanada de queso	Ensalada de atún - galletas de sal	Muffin de zuquini, zanahoria y banano.
OPCIONES	LUNES 15	MARTES 16	MIÉRCOLES 17	JUEVES 18	VIERNES 19
FRUTA	Manzana - mandarina	Banano - frutilla	Sandia - melon	Pera - naranja	Brócoli y pepinillo
SNACK	Tostada de queso en pan integral	Yogurt natural - granola	Papas criollas - bolitas de carne	Pan de yuca - yogurt	Crepe de banano y frutilla
OPCIONES	LUNES 22	MARTES 23	MIÉRCOLES 24		
FRUTA	Pera - naranja	Melon - piña	Papaya - frutilla		
SNACK	Flautas de frijol y queso - guacamole	Huevo revuelto - tostada integral	Tortillas de yuca - ensalada de atún		

	PROTEINAS (animal y vegetal)
	MICRONUTRIENTES (Vitaminas, minerales y oligoelementos)
	GRASAS (saturadas, monoinsaturadas, poliinsaturadas, trans y el colesterol)
	CARBOHIDRATOS (simples y complejos)

