

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

17 Local **NEW**
Breakfast Oat Bar

Fruit
Milk
(1% or Fat-Free)

18 Whole Grain Concha

Fruit
Milk
(1% or Fat-Free)

19 Blueberry Muffin

Fruit
Milk
(1% or Fat-Free)

20 Apple Empanada

Fruit
Milk
(1% or Fat-Free)

21 Fruit Smoothie and
Graham Crackers

Fruit
Milk
(1% or Fat-Free)

24 Zucchini Bread

Fruit
Milk
(1% or Fat-Free)

25 Whole Grain Concha

Fruit
Milk
(1% or Fat-Free)

26 Benefit Bar

Fruit
Milk
(1% or Fat-Free)

27 Yogurt with
Granola Bites

Fruit
Milk
(1% or Fat-Free)

28 Belgian Waffle

Fruit
Milk
(1% or Fat-Free)

31 Apple Empanada

Fruit
Milk
(1% or Fat-Free)

1 Whole Grain Concha

Fruit
Milk
(1% or Fat-Free)

2 Banana Muffin

Fruit
Milk
(1% or Fat-Free)

3 Local
Breakfast Oat Bar

Fruit
Milk
(1% or Fat-Free)

4 Fruit Smoothie and
Graham Crackers

Fruit
Milk
(1% or Fat-Free)

12 Benefit Bar

Fruit
Milk
(1% or Fat-Free)

13 Whole Grain Concha

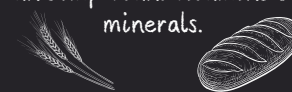
Fruit
Milk
(1% or Fat-Free)

14 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

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

17 Barra de avena para el desayuno local ^{NEW}

Fruta
Leche
(1% o sin grasa)

18 Concha de grano entero

Fruta
Leche
(1% o sin grasa)

19 Muffin de arándanos

Fruta
Leche
(1% o sin grasa)

20 Empanada de manzana

Fruta
Leche
(1% o sin grasa)

21 Batido de frutas y galletas Graham

Fruta
Leche
(1% o sin grasa)

24 Pan de calabacín caliente

Fruta
Leche
(1% o sin grasa)

25 Concha de grano entero

Fruta
Leche
(1% o sin grasa)

26 Barra de beneficios

Fruta
Leche
(1% o sin grasa)

27 Yogur con bocaditos de granola

Fruta
Leche
(1% o sin grasa)

28 Gofre belga

Fruta
Leche
(1% o sin grasa)

31 Empanada de manzana

Fruta
Leche
(1% o sin grasa)

1 Concha de grano entero

Fruta
Leche
(1% o sin grasa)

2 Muffin de plátano

Fruta
Leche
(1% o sin grasa)

3 Barra de avena para el desayuno local

Fruta
Leche
(1% o sin grasa)

4 Batido de frutas y galletas Graham

Fruta
Leche
(1% o sin grasa)

¿SABÍAS?

Todos los cereales que servimos en nuestro desayuno están elaborados con cereales integrales. Rico en fibra, proteínas e importantes vitaminas y minerales.

Contáctanos:
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1360 Avenida Menlo.
Napa, CA 94558

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