

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

17

Blueberry Muffin

Fruit
Milk
(1% or Fat-Free)

24

Zucchini Bread

Fruit
Milk
(1% or Fat-Free)

31

Apple Empanada

Fruit
Milk
(1% or Fat-Free)

18

Whole Grain Concha

Fruit
Milk
(1% or Fat-Free)

25

Whole Grain Concha

Fruit
Milk
(1% or Fat-Free)

1

Whole Grain Concha

Fruit
Milk
(1% or Fat-Free)

12

Benefit Bar

Fruit
Milk
(1% or Fat-Free)

19

Fruit Smoothie and
Graham Crackers

Fruit
Milk
(1% or Fat-Free)

26

Benefit Bar

Fruit
Milk
(1% or Fat-Free)

2

Banana Muffin

Fruit
Milk
(1% or Fat-Free)

13

Whole Grain Concha

Fruit
Milk
(1% or Fat-Free)

20

Apple Empanada 

Fruit
Milk
(1% or Fat-Free)

27

Yogurt with
Granola Bites

Fruit
Milk
(1% or Fat-Free)

3

Local
Breakfast Oat Bar

Fruit
Milk
(1% or Fat-Free)

14

Belgian Waffle

Fruit
Milk
(1% or Fat-Free)

21

Local  Breakfast Oat Bar

Fruit
Milk
(1% or Fat-Free)

28

Belgian Waffle

Fruit
Milk
(1% or Fat-Free)

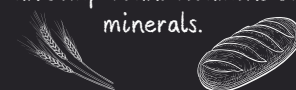
4

Fruit Smoothie and
Graham Crackers

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 Muffin de arándanos

Fruta
Leche
(1% o sin grasa)

18 Concha de grano entero

Fruta
Leche
(1% o sin grasa)

24 Pan de calabacín caliente

Fruta
Leche
(1% o sin grasa)

31 Empanada de manzana

Fruta
Leche
(1% o sin grasa)

12 Barra de beneficios

Fruta
Leche
(1% o sin grasa)

19 Batido de frutas y galletas Graham

Fruta
Leche
(1% o sin grasa)

26 Barra de beneficios

Fruta
Leche
(1% o sin grasa)

2 Muffin de plátano

Fruta
Leche
(1% o sin grasa)

13 Concha de grano entero

Fruta
Leche
(1% o sin grasa)

20 Empanada de manzana

Fruta
Leche
(1% o sin grasa)

27 Yogur con bocaditos de granola

Fruta
Leche
(1% o sin grasa)

3 Barra de avena para el desayuno local

Fruta
Leche
(1% o sin grasa)

14 Gofre belga

Fruta
Leche
(1% o sin grasa)

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

Fruta
Leche
(1% o sin grasa)

28 Gofre belga

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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