

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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)

7

**HAPPY
LABOR
DAY**

8

Whole Grain Concha

Fruit
Milk
(1% or Fat-Free)

9

Benefit Bar

Fruit
Milk
(1% or Fat-Free)

10

Yogurt with
Granola Bites

Fruit
Milk
(1% or Fat-Free)

11

Belgian Waffle

Fruit
Milk
(1% or Fat-Free)

14

Zucchini Bread

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

Local
Breakfast Oat Bar

Fruit
Milk
(1% or Fat-Free)

18

Fruit Smoothie and
Graham Crackers

Fruit
Milk
(1% or Fat-Free)

21

Apple Empanada

Fruit
Milk
(1% or Fat-Free)

22

Whole Grain Concha

Fruit
Milk
(1% or Fat-Free)

23

Benefit Bar

Fruit
Milk
(1% or Fat-Free)

24

Yogurt with
Granola Bites

Fruit
Milk
(1% or Fat-Free)

25

Belgian Waffle

Fruit
Milk
(1% or Fat-Free)

28

Zucchini Bread

Fruit
Milk
(1% or Fat-Free)

29

Whole Grain Concha

Fruit
Milk
(1% or Fat-Free)

30

Banana Muffin

Fruit
Milk
(1% or Fat-Free)

1

Local
Breakfast Oat Bar

Fruit
Milk
(1% or Fat-Free)

2

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

This institution is an
equal opportunity provider.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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)

7

**HAPPY
LABOR
DAY**

8

Concha de grano entero

Fruta
Leche
(1% o sin grasa)

9

Barra de beneficios

Fruta
Leche
(1% o sin grasa)

10

Yogur con bocaditos
de granola

Fruta
Leche
(1% o sin grasa)

11

Gofre belga

Fruta
Leche
(1% o sin grasa)

14

Pan de calabacin

Fruta
Leche
(1% o sin grasa)

15

Concha de grano entero

Fruta
Leche
(1% o sin grasa)

16

Muffin de arándanos

Fruta
Leche
(1% o sin grasa)

17

Barra de avena para el
desayuno local

Fruta
Leche
(1% o sin grasa)

18

Batido de frutas y
galletas Graham

Fruta
Leche
(1% o sin grasa)

21

Empanda de manzana

Fruta
Leche
(1% o sin grasa)

22

Concha de grano entero

Fruta
Leche
(1% o sin grasa)

23

Barra de beneficios

Fruta
Leche
(1% o sin grasa)

24

Yogur con bocaditos
de granola

Fruta
Leche
(1% o sin grasa)

25

Gofre belga

Fruta
Leche
(1% o sin grasa)

28

Pan de calabacin

Fruta
Leche
(1% o sin grasa)

29

Concha de grano entero

Fruta
Leche
(1% o sin grasa)

30

Muffin de plátano

Fruta
Leche
(1% o sin grasa)

1

Barra de avena para el
desayuno local

Fruta
Leche
(1% o sin grasa)

2

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

 @nosh_napa