

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

Fruit Smoothie and
Graham Crackers

Fruit
Milk
(1% or Fat-Free)

2

Local
Breakfast Oat Bar

Fruit
Milk
(1% or Fat-Free)

5

Apple Empanada

Fruit
Milk
(1% or Fat-Free)

6

Whole Grain Concha

Fruit
Milk
(1% or Fat-Free)

7

Benefit Bar

Fruit
Milk
(1% or Fat-Free)

8

Yogurt with
Granola Bites

Fruit
Milk
(1% or Fat-Free)

9

**NO SCHOOL
TODAY**

12

Zucchini Bread

Fruit
Milk
(1% or Fat-Free)

13

Whole Grain Concha

Fruit
Milk
(1% or Fat-Free)

14

Pumpkin Muffin

Fruit
Milk
(1% or Fat-Free)

15

Fruit Smoothie and
Graham Crackers

Fruit
Milk
(1% or Fat-Free)

16

Local
Breakfast Oat Bar

Fruit
Milk
(1% or Fat-Free)

19

Apple Empanada

Fruit
Milk
(1% or Fat-Free)

20

Whole Grain Concha

Fruit
Milk
(1% or Fat-Free)

21

Benefit Bar

Fruit
Milk
(1% or Fat-Free)

22

Yogurt with
Granola Bites

Fruit
Milk
(1% or Fat-Free)

23

Belgian Waffle

Fruit
Milk
(1% or Fat-Free)

26

Zucchini Bread

Fruit
Milk
(1% or Fat-Free)

27

Whole Grain Concha

Fruit
Milk
(1% or Fat-Free)

28

Fruit Smoothie and
Graham Crackers

Fruit
Milk
(1% or Fat-Free)

29

Local
Breakfast Oat Bar

Fruit
Milk
(1% or Fat-Free)

30

Pumpkin Muffin

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

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

Batido de frutas y
galletas Graham

Fruta
Leche
(1% o sin grasa)

2

Barra de avena para el
desayuno local

Fruta
Leche
(1% o sin grasa)

5

Empanda de manzana

Fruta
Leche
(1% o sin grasa)

6

Concha de grano entero

Fruta
Leche
(1% o sin grasa)

7

Barra de beneficios

Fruta
Leche
(1% o sin grasa)

8

Yogur con bocaditos
de granola

Fruta
Leche
(1% o sin grasa)

9

**HOY NO HAY
CLASES.**

12

Pan de calabacin

Fruta
Leche
(1% o sin grasa)

13

Concha de grano entero

Fruta
Leche
(1% o sin grasa)

14

Muffin de calabaza

Fruta
Leche
(1% o sin grasa)

15

Batido de frutas y
galletas Graham

Fruta
Leche
(1% o sin grasa)

16

Barra de avena para el
desayuno local

Fruta
Leche
(1% o sin grasa)

19

Empanda de manzana

Fruta
Leche
(1% o sin grasa)

20

Concha de grano entero

Fruta
Leche
(1% o sin grasa)

21

Barra de beneficios

Fruta
Leche
(1% o sin grasa)

22

Yogur con bocaditos
de granola

Fruta
Leche
(1% o sin grasa)

23

Barra de avena para el
desayuno local

Fruta
Leche
(1% o sin grasa)

26

Pan de calabacin

Fruta
Leche
(1% o sin grasa)

27

Concha de grano entero

Fruta
Leche
(1% o sin grasa)

28

Batido de frutas y
galletas Graham

Fruta
Leche
(1% o sin grasa)

29

Barra de avena para el
desayuno local

Fruta
Leche
(1% o sin grasa)

30

Muffin de calabaza

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

**Esta institución ofrece igualdad
de oportunidades.**