

## AFTERNOON SNACK

GRADES: I1, I2, I3

**MONDAY:** yogurt with fruit

**TUESDAY:** a piece of fruit

**WEDNESDAY:** a piece of fruit  
bread with turkey and a glass of milk

**THURSDAY:** yogurt with fruit

**FRIDAY:** a piece of fruit



## AFTERNOON SNACK

GRADES: 14 & 15

**MONDAY:** iogurt with oatmeal

**TUESDAY:** a piece of fruit

**WEDNESDAY:** bread with turkey and a glass of milk

**THURSDAY:** a piece of fruit

**FRIDAY:** bread with cheese and a glass of milk

