

AFTERNOON SNACK

GRADES: I1 & I2

MONDAY: a piece of fruit and a glass of milk

TUESDAY: a piece of fruit and a glass of milk

WEDNESDAY: bread with turkey and a glass of milk

THURSDAY: a piece of fruit and a glass of milk

FRIDAY: bread with cheese and a glass of milk



AFTERNOON SNACK

GRADES: 13, 14 & 15

MONDAY: iogurt with oatmeal

TUESDAY: a piece of fruit and a glass of milk

WEDNESDAY: bread with turkey and a glass of milk

THURSDAY: a piece of fruit and a glass of milk

FRIDAY: bread with cheese and a glass of milk

