

Canadian International School Beijing

Junior Morning Snack (ES) — 2018

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Banana Muffin 香蕉玛芬 Mineral Water 矿泉水	Cereal 玉米片 Fresh Milk 鲜牛奶	Apple 苹果 Plain Yogurt 原味酸奶	Cracker 饼干 Juice 果汁	Oatmeal 燕麦 Fresh Milk 鲜牛奶



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Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	<p>Banana Cake 香蕉包</p> <p>Mineral Water 矿泉水</p>	<p>Raisin Bread 葡萄干面包</p> <p>Fresh Milk 鲜牛奶</p>	<p>Soda Cracker 苏打饼干</p> <p>Flavored Yogurt 果味酸奶</p>	<p>Egg Tart 蛋挞</p> <p>Juice 果汁</p>	<p>Ham Cheese Panini 火腿芝士帕尼尼</p> <p>Mineral Water 矿泉水</p>

