












"Nutrimos con amor"




# TES SNACK 2026

## FEBRUARY

Menu	MONDAY, 2 <sup>ND</sup>	TUESDAY, 3 <sup>RD</sup>	WEDNESDAY, 4 <sup>TH</sup>	THURSDAY, 5 <sup>TH</sup>	FRIDAY, 6 <sup>TH</sup>
 <b>Beverage</b>	Mango flavoured water	Low-sugar yoghurt	Greek yoghurt	Oatmeal	Lulo flavoured water
 <b>Morning Energiser</b>	Baked chicken empanada	Pan de yuca	Cranberry muffin	Quinoa doughnuts	Snack cheese/Pop Corn
 <b>Fruit</b>	Melon	Peach	Grapes	Strawberry	Mini banana

Menú	MONDAY, 9 <sup>TH</sup>	TUESDAY, 10 <sup>TH</sup>	WEDNESDAY, 11 <sup>TH</sup>	THURSDAY, 12 <sup>TH</sup>	FRIDAY, 13 <sup>TH</sup>
 <b>Beverage</b>	Passion fruit flavoured water	Strawberry flavoured water	Spoonable yoghurt	Green fruits flavoured water	Yellow fruits flavoured water
 <b>Morning Energiser</b>	Chicken quiche	Cheese sandwich	Carrot muffin	Cheese puff pastry straws	Meat puff pastry
 <b>Fruit</b>	Tangerine	Apple	Watermelon	Mango	Melon

Menú	MONDAY, 16 <sup>TH</sup>	TUESDAY, 17 <sup>TH</sup>	WEDNESDAY, 18 <sup>TH</sup>	THURSDAY, 19 <sup>TH</sup>	FRIDAY, 20 <sup>TH</sup>
 <b>Beverage</b>	Pineapple flavoured water	Kumis	Mango flavoured water	Cocoa milk drink	Passion fruit flavoured water
 <b>Morning Energiser</b>	Achiras	Mantecada	Cinnamon roll	Almojábana	Rice pop chips
 <b>Fruit</b>	Watermelon	Mini banana	Grapes	Melon	Papaya

Menú	MONDAY, 23 <sup>RD</sup>	TUESDAY, 24 <sup>TH</sup>	WEDNESDAY, 25 <sup>TH</sup>	THURSDAY, 26 <sup>TH</sup>	FRIDAY, 27 <sup>TH</sup>
 <b>Beverage</b>	Milk	Blackberry flavoured water	Greek yoghurt	Strawberry flavoured water	Yoghurt with cereal
 <b>Morning Energiser</b>	Mini pan de yuca	Cheese croissant	Oatmeal Cookie	Cheesecake	Three-eyed cookie
 <b>Fruit</b>	Melon	Pineapple	Granadilla	Orange	Strawberry

\*Note: this guideline may change, depending on the nutritional balance.