

MENU

CISB Early KGT Snack Menu Morning Snack & Afternoon Snack — 2020



	MEAL	MONDAY	TUESDAY 9.1	WEDNESDAY 9.2	THURSDAY 9.3	FRIDAY 9.4
Week 1	Morning Snack		Banana 香蕉	Pear 梨	Apple 苹果	Banana 香蕉
	Afternoon Snack		Pineapple Bun 菠萝包 Pear fruit water 冰糖梨水	Homemade Cookies 自制饼干 Yogurt 酸奶	Chiffon Cake 戚风蛋糕 Red Bean Soup 红豆汤	Banana Bread 香蕉包 Milk 牛奶

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	MEAL	MONDAY 9.7	TUESDAY 9.8	WEDNESDAY 9.9	THURSDAY 9.10	FRIDAY 9.11
Week 2	Morning Snack	Banana 香蕉	Pear 梨	Apple 苹果	Banana 香蕉	Apple 苹果
	Afternoon Snack	Oatmeal Cookies 燕麦饼干 Yogurt 酸奶	Mini Croissant 迷你牛角 Red Bean Soup 红豆汤	Jam Sandwich 果酱三明治 Pear fruit water 冰糖梨水	Banana Cake 香蕉包 Fresh Milk 鲜牛奶	Carrot Cake 胡萝卜蛋糕 Lime snow Apple water 青柠苹果水

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	MEAL	MONDAY 9.14	TUESDAY 9.15	WEDNESDAY 9.16	THURSDAY 9.17	FRIDAY 9.18
Week 3	Morning Snack	Banana 香蕉	Apple 苹果	Pear 梨	Banana 香蕉	Pear 梨
	Afternoon Snack	Cheese Sandwich 芝士三明治 100% Orange Juice 100%橙汁	Pineapple Bun 菠萝包 Pear fruit water 冰糖梨水	Homemade Cookies 自制饼干 Yogurt 酸奶	Egg Tart 蛋挞 Red Bean Soup 红豆汤	Banana Bread 香蕉包 Milk 牛奶

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	MEAL	MONDAY 9.21	TUESDAY 9.22	WEDNESDAY 9.23	THURSDAY 9.24	FRIDAY 9.25
Week 4	Morning Snack	Banana 香蕉	Pear 梨	Apple 苹果	Banana 香蕉	Apple 苹果
	Afternoon Snack	Muffin 原味玛芬 Yogurt 酸奶	Jam Sandwich 果酱三明治 Red Bean Soup 红豆汤	Raisin Bread 葡萄干面包 Pear fruit water 冰糖梨水	Banana Cake 香蕉包 Fresh Milk 鲜牛奶	Carrot Cake 胡萝卜蛋糕 Lime snow Apple water 青柠苹果水

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	MEAL	MONDAY 9.28	TUESDAY 9.29	WEDNESDAY 9.30	THURSDAY	FRIDAY
Week 5	Morning Snack	Banana 香蕉	Apple 苹果	Pear 梨		
	Afternoon Snack	Cheese Sandwich 芝士三明治 100% Orange Juice 100%橙汁	Banana Bread 香蕉包 Pear fruit water 冰糖梨水	Homemade Cookies 自制饼干 Yogurt 酸奶		