



Republic of the Philippines
Department of Education
 REGION X – NORTHERN MINDANAO
SCHOOLS DIVISION OF EL SALVADOR CITY

20-DAY CYCLE MENU

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Fortified Bread (Egg Bread) 120-160 gms	Nutri-oats (Chocolate) 35 gms + 1 pc wafer (Biscuit) 20 gms	Enhanced Nutribun (Carrot) 2 pcs/pack (0-80 gms per bun)	NUTRIPACK Ready to Cook, Fortified Rice Porridge (Champorado) 100 gms	Iron Fortified Rice (250 gms)
2	Enhanced Nutribun (Squash) 2 pcs/pack (60-80 gms each bun)	Fortified Bread (Monggo Ensaymada) 120-160 gms	NUTRIPACK Ready to Cook, Fortified Rice Porridge (Champorado) 100 gms	Fortified Bread (Ube Bread) 140-160 gms	Iron Fortified Rice (250 gms)
3	Fortified Bread (Cheesy Ensaymada) 120-160 gms	Nutri-oats (Sweetcorn) 35 gms + 1 pc wafer (Biscuit) 20 gms	Enhanced Nutribun (Carrot) 2 pcs/pack (0-80 gms per bun)	NUTRIPACK Ready to Cook, Fortified Rice Porridge (Champorado) 100 gms	Iron Fortified Rice (250 gms)
4	Enhanced Nutribun (Carrot) 2 pcs/pack (60-80 gms each bun)	NUTRIPACK Ready to Cook, Fortified Rice Porridge (Champorado) 100 gms	Nutri-oats (Chocolate) 35 gms + 1 pc wafer (Biscuit) 20 gms	Enhanced Nutribun (Squash) 2 pcs/pack (0-80 gms each bun)	Iron Fortified Rice (250 gms)

Prepared by:

CECILLE Z. KHOBUNTIN
 Nil/Division SBFP Focal

Noted:

ROLLY B. LABIS, EDD
 SGOB Chief

APPROVED:

RANDOLPH B. TORTOLA
 Schools Division Superintendent



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