

EAT A RAINBOW CAMPAIGN

When we eat colorful food, we fill our cells with antioxidants that help us grow and glow. We are thrilled to incorporate the rainbow into your kid's menu this school year.

For the next weeks, every meal will have a colorful accent through fresh and vibrant ingredients. We are putting our initiative at school and we will ask you to help your kids thrive at home too.

Prepare to be surprised!

IMMUNE SUPPORT	BEAUTY	CANCER PREVENTION	HEART HEALTH	LONGEVITY	DETOXIFICATION
Immune system	Healthy heart	Healthy heart	Healthy heart	Healthy heart	Improves digestion
Healthy colon	Lowers cholesterol	Immune system	Decr blood pressure	Healthy blood vessels	Supports eyesight
Prevents ulcers	Healthy joints/tissues	Skin protection	Skin protection	Helps memory	Healthy bones
Lowers cholesterol	Supports eyesight	Supports eyesight	Helps cell renewal	Anti-aging	Immune system
Healthy heart	Healthy skin	Antioxidant	Prevents Cancer	Healthy urinary system	Prevents Cancer

DRINK YOUR GREENS !!!

Juice Plan During E.S. break
Complementary lunch option.
Students take their fresh JUICE in E.S. Red Bar
Parents request for our Juice Break Plan writing to edr@lagom.pe
S/. 55.90 weekly plan

WEEKLY PLAN

monday	Maca Banana Smoothie
tuesday	Orange, Carrot & Ginger Juice
wednesday	Cacao, Coconut & Lúcumá Smoothie
thursday	Apple, Orange, Carrot, Ginger and Beet Juice
tgif	4 Ingredient Strawberry Smoothie

MUCHO Frío?

alarga tu almuerzo con una cremita por s/. 2

DO YOU KNOW THE SUPERPOWERS EACH COLOR GIVES TO YOUR BODY?

...CON ESTE ÚLTIMO JUEVES, FUERON MÁS DE 1200 DE NOSOTROS QUE NOS QUEDAMOS EN CASA EN LUGAR DE DAR A PARAR EN UN BOTADERO. GRACIAS A TODOS POR COMPARTIR LO BUENO.

FIKA

LAGOM

Eat a Rainbow

bring your own cup

FOR EACH coffee ORDERED get 2 free mini croissants !

LUNCH BOX

4 STEP CRAB'N GO LUNCH ANY COMBINATION S/. 12.50

DISPOSABLE CARDBOARD TRAY take a tray

PICK a sandwich COLORFUL FRESH SANDWICHES & WRAPS

choose a juice FRESH SQUEEZED ORANGE OR PINEAPPLE

grab your favorite fruit WHOLE FRUIT OR BI-FRUIT CUP

CAMPAÑAS

THE ROLE

NUTRITION PLAYS IN WELLNESS

WORKSHOP

SEPT 18TH STARTING AT 8AM IN THE ES ROOM I

LAGOM KITCHEN & CANTEEN

SANDRA SOLOGUREN BRYCE LIC.ND.ING. CNP 3513