

BREAKFAST

Menu Subject to Change
Based on Availability

JULY 2024

Central Union High School District
Free Meals to all Students

Meals are free to all children 18 years and younger
(June 10-July 10)

Walk-ins welcome. You do not need to be
enrolled in summer school to receive a free meal.

Meals must be eaten on site

Monday

Cereal **1**
WG Muffins
Yogurt w/ Granola
Concha

Cereal **8**
WG Muffins
Yogurt w/ Granola
Concha

Skip the chips at snack **15**
time and choose
crunchy vegetables with
low fat dip



A healthy heart starts **29**
with a healthy breakfast

Tuesday

Cereal **2**
WG Muffins
Yogurt w/ Granola
Mini Pancakes

Cereal **9**
WG Muffins
Yogurt w/ Granola
Mini Pancakes



Wednesday

Cereal **3**
WG Muffins
Yogurt w/ Granola
WG Donuts

Cereal **10**
WG Muffins
Yogurt w/ Granola
WG Donuts



Think of snack time as **24**
mini meals rather than
"junk food" time



Thursday



NUTRITION TIPS FOR SUMMER!

- Use seasonal fruits and vegetables
- Keep yourself hydrated, drink water!
- Eat hydrating foods, like cucumber, watermelon, and celery
- Make sure your salads are actually healthy: use lean proteins, diverse vegetables, and light dressing.



Friday

Meals may **not** be **5**
taken home

Moderate to intense **12**
daily exercise helps
maintain weight for the
whole family

This institution is an Equal Opportunity Provider

Find a meal provider near you- <https://www.cde.ca.gov/ds/sh/sn/ap/summersites.asp?year=2024&countyname=Imperial>