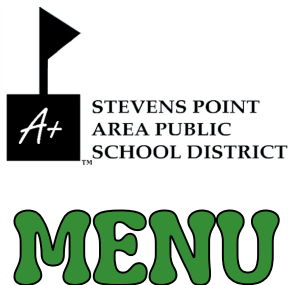


Youth Enrichment Program



BREAKFAST

July 21 - July 25, 2025

A complete student breakfast must consist of at least THREE food items. At least one of the three items must be a full serving (1/2 cup) of fruit.

Milk choices include 1% white and fat-free chocolate. Water is also available in the cafeteria.



July is National Blueberry Month

Blueberries are wildly popular, mainly due to their convenience and sweet flavor, but also in part due to their incredibly dense nutrient content. In fact, blueberries are often labeled a "superfood."

Blueberries have one of the highest antioxidant levels of all common fruits and vegetables. Antioxidants help protect your cells from damage that can contribute to aging and diseases, such as cancer. What's more, blueberries are low in calories but high in fiber, and vitamins like C & K.



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This institution is an equal opportunity provider.

Monday, July 21

1. Apple Frudel
2. Cinnamon Chex Cereal

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Fresh Fruit and Chilled Fruit

Buttered Toast or Cinnamon Toast

Tuesday, July 22

1. Pancakes w/ Syrup
2. Cheerios Cereal

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Fresh Fruit and Chilled Fruit

Buttered Toast or Cinnamon Toast

Wednesday, July 23

1. Cinnamon Roll
2. Froot Loops Cereal

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Fresh Fruit and Chilled Fruit

Buttered Toast or Cinnamon Toast

Thursday, July 24

1. Cheese Omelet
2. Cocoa Puffs Cereal

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Fresh Fruit and Chilled Fruit

Buttered Toast or Cinnamon Toast

Friday, July 25

1. Sausage Breakfast Pizza
2. Cinnamon Toast Crunch Cereal

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Fresh Fruit and Chilled Fruit

Buttered Toast or Cinnamon Toast