

Youth Enrichment Program



MENU



LUNCH

July 21 - July 25, 2025

A complete student lunch must consist of at least THREE components (food groups). At least one of the three components must be a full serving (1/2 cup) of fruit and/or vegetables.

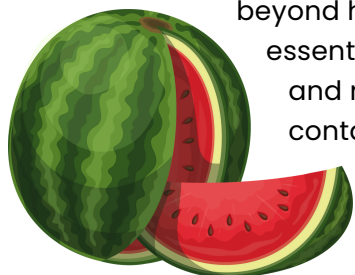
Hot vegetables, fresh vegetables, chilled fruit and fresh fruit are available daily during lunch.

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



July is National Watermelon Month

Staying hydrated is vital for your body to function properly. Eating fruit and vegetables with a high water content helps keep you hydrated, and watermelon is one of the juiciest (and tastiest) fruit around. But the health benefits of watermelon go beyond hydration. In addition to essential vitamins (like A, B6 & C) and minerals, watermelon contains lycopene and citrulline which may help lower cholesterol and blood pressure.



This institution is an equal opportunity provider.

Monday, July 21

1. Chicken Nuggets
2. PB&J Uncrustable w/ String Cheese

Boston Baked Beans
Fresh Baby Carrots

Tuesday, July 22

1. Turkey & Cheese Sub Sandwich
2. Grilled Chicken Sandwich

Savory Green Beans
Fresh Celery Sticks

Wednesday, July 23

1. Cheese Pizza
2. Chicken Ranch Wrap

Steamed Broccoli
Fresh Cucumber Slices

Thursday, July 24

1. Macho Nachos
2. Cheese Quesadilla

Steamed Corn
Fresh Cherry Tomatoes

Friday, July 25

1. Crispy Chicken Sandwich
2. Toasted Cheese Sandwich

Seasoned Potato Wedges
Fresh Carrots and Celery Sticks