

LUNCH

Menu Subject to Change
Based on Availability

JULY 2024

Central Union High School
Meals served from 11:00 am- 12:00 pm

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

Cheese Filled Breadstick
Marinara Sauce
Tater Tots
Salad Bar

1

Tuesday

Teriyaki Chicken
Seasoned Rice
Steamed Broccoli
Salad Bar

2

Wednesday

Nachos
Pinto Beans
Salad Bar

3

Thursday



Friday



5

Cheeseburger
Tater Tots
Frozen Juicy
Salad Bar

8

Cook's Choice
Salad Bar

9

Uncrustable
String Cheese
Sun Chips
Salad Bar

10

Meals may **not** be
taken home

12



Eat Healthy

Take advantage of summer's
fruit and veggie bounty.

Drink Water



Water is a natural, healthy
and sugar-free way to stay
hydrated.

Move More



Kids need at least 60 minutes of
physical activity per day and adults need
at least 30 minutes to stay healthy.

Be Food Safe

Regularly wash hands with soap and water;
separate cooking surfaces to keep raw seafood,
meat and poultry away from fresh produce.



Protect from the Sun

Whether you're going for
a short walk or spending
a day at the beach, be
smart and lather up with
SPF 30 or higher.



17



18



24

25



26



31



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>