

Menu Subject To Change

## Opened School Sites

Collins Elementary  
Los Cerritos Elementary  
Mokler Elementary  
Wirtz Elementary

# ***Come stop by for FREE Breakfast & Lunch!***

**Free Meals for children under the age of 18**

**Children MUST be present to receive meals**

***From 8:00 am -10:30 am***

## ***Breakfast Menu***

### **Monday**

Cold Cereal & Crackers  
Seasonal Fruit  
100% Fruit Juice  
Milk

### **Tuesday**

Breakfast Burrito  
Seasonal Fruit  
100% Fruit Juice  
Milk

### **Wednesday**

Cold Cereal & Crackers  
Seasonal Fruit  
100% Fruit Juice  
Milk

### **Thursday**

Breakfast Burrito  
Seasonal Fruit  
100% Fruit Juice  
Milk

### **Friday**

Cold Cereal & String Cheese  
Seasonal Fruit  
100% Fruit Juice  
Milk

## ***Lunch Menu***

### **Monday**

Roasted Chicken  
w/Tortilla  
Seasonal Vegetable  
Seasonal Fruit  
Milk

### **Tuesday**

Cold Sandwich  
Seasonal Vegetable  
Seasonal Fruit  
Milk

### **Wednesday**

Roasted Chicken  
w/Tortilla  
Seasonal Vegetable  
Seasonal Fruit  
Milk

### **Thursday**

Cold Sandwich  
Seasonal Vegetable  
Seasonal Fruit  
Milk

### **Friday**

Roasted Chicken  
w/Tortilla  
Seasonal Vegetable  
Seasonal Fruit  
Milk

## ***Immune-Boosting Tips***

- Get 7-9 hours of sleep
- Drink at Least 8 Cups of water per day
- Eat lots of colorful fruits & vegetables
- Move your body - stretch, dance, walk
- Minimize added sugars
- Try something plant-based

Please know that each child will receive one breakfast and one lunch each day and meals are intended for children only.

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**Meal(s) must be consumed or refrigerated immediately.**

"This institution is an equal opportunity provider."