**Nutrition**

**Mission**

The Youth Network is dedicated to teaching participants about living a healthy lifestyle. Participants will learn about making good choices as it relates to health and nutrition.

**Program Description**

Participants will learn about making healthy choices. This will be done through lessons and workshops. Every participant is served a healthy meal and snack each day. The following are samples of meals we will offer.

**Sample 1**

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|  | **Supper** | **Snack** |
| **Monday** | Chicken Breast, Mixed Veggies, Rice and Watermelon. | Cup of Milk | Cheese and Crackers |
| **Tuesday** | Spaghetti with Turkey Meatballs, Dinner Roll and fruit cup.  | Cup of Milk | Fruit and Veggie Smoothie |
| **Wednesday** | Chicken Quesadillas, Cole Slaw and guacamole  | Cup of Milk | Pineapple & Grape Smoothie |
| **Thursday** | Chicken Legs, Mashed Potatoes, Sweet Peas and Apple Sauce | Cup of Milk | Mango, Pineapple & Yogurt Smoothie |
| **Friday** | Ground beef with diced vegetables and baked sweet plantains | Chocolate Milk | Juice and Crackers |

**Sample 2**

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| --- | --- | --- |
|  | **Supper** | **Snack** |
| Monday | Tortillas, Spanish rice baked beans and fruit salsa.  | Cup of Milk | Pineapple & Apple Smoothie |
| Tuesday | Baked chicken wings, roasted potatoes, spinach and pineapple’s. | Cup of Milk | Yogurt and Juice |
| Wednesday | Chicken Gnocchi Soup, bread sticks and apple slices.  | Cup of Milk | Apple & Grape Smoothie |
| Thursday | Veggie Pot Pie and peaches | Cup of Milk | Strawberry & Banana Smoothie |
| Friday | Turkey Sandwiches, veggie slices and grapes.  | Chocolate Milk | Mandarin Oranges & Crackers |

***Water is available for every meal.***

***All juice served is 100% juice.***

**We post and give parents menus of food we will are serving.**