

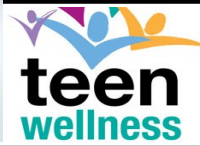


Empowering Youth For A Brighter Tomorrow

We are a 501(c)(3) non-profit organization

www.standforyouth.org

**BELIEVE
YOU CAN**



SERVING CERTIFIED ORGANIC, GLUTEN-FREE, LACTOSE-FREE & NON-GMO PROJECT VERIFIED PRODUCTS

SAMPLE HEALTHY CHOICES FOOD MENU: BREAKFAST, LUNCH, DINNER & SNACKS

SAMPLE BREAKFAST MENU

- 1%, 2% and/or Soy Milk
- 100% Fruit Juice or Water
- Breakfast Bars (Organic)
- Cereal
- Fresh Fruit
- Herbal Teas
- Oatmeal
- Yogurt



HEALTHY SNACKS

- 100% Fruit Strips
- Fruit/Vegetable Chips
- Fresh Fruit/Vegetables
- Nutritious Multi-Grain Bars
- Nuts & Seeds (Pumpkin, Sunflower, etc.)
- Protein Shakes/Smoothies
- Water

SAMPLE LUNCH MENU

- 100% Vegetable Juice or Water
- Baked Sweet Potato Fries
- Garden, Chicken, Fruit, Tuna or Vegetable Salad.



SAMPLE DINNER MENU

- 100% Juice/Organic Juice or Water
- Asparagus, Broccoli, Corn, Spinach
- Barbecued Turkey Loaf
- Beans and Brown Rice
- Beet, Chicken, Squash, Seafood Chowder or Vegetable Soup

