

GOT ANY SUMMER PLANS?



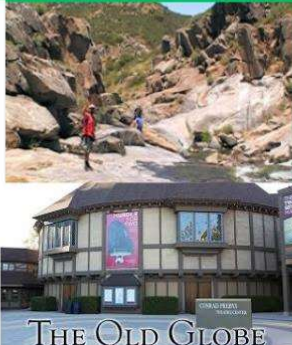
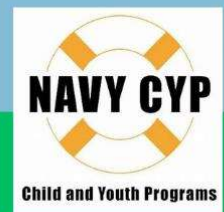
COOKING CLUB AND NUTRITION CLASSES ON MONDAYS.

SPORT DAYS ON THURSDAYS AT THE SPORTS CENTER.

FIELDTRIPS ON TUESDAYS (KITCHEN CREEK, BALBOA PARK, THE OLD GLOBE THEATER, BELMONT PARK).

BOWLING AND MOVIES ON FRIDAYS.

POOL DAYS (AT THE FAMILY POOL ON WEDNESDAYS.



COME CHECK OUT THE TEEN AREA THIS SUMMER

ONGOING ACTIVITIES TO PREPARE YOUTH FOR THE MILITARY YOUTH OF THE YEAR.



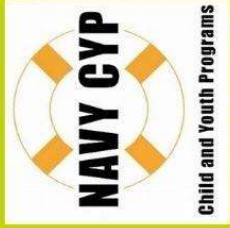
*Ask about the monthly contest opportunities.

We would like to charter our own KEYSTONE Club. Come ask for details/information.



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JUNE 2024 *Fueled by happy thoughts.*



**NAFEC CYP TEEN ROOM.
SCHOOL HOURS: 1330-1730**

IMPORTANT DATES

- June 7th Videotape Club Tour
- June 10th Prepare Fruit Pizza
- June 11 Kitchen Creek Hike
- June 12 Swim
- June 13 Volleyball
- June 14 Bowling
- June 17 Cook Sushi Rolls
- June 18 Balboa Park
- June 19 Swim/ Preschool Act
- June 20th Badminton
- June 21 Bowling
- June 24 Cook Pretzel bites
- June 25 Belmont Park
- June 25 Swim
- June 27 Racquetball
- June 28 Bowling

Notes:

**LEADERSHIP AND SERVICE
ED. SCI. TECH. ENG. & MATH
THE ARTS
HEALTH & WELLNESS
SPORTS & REC.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

***We will coordinate a Teen Activity "dinosaur fossils" for the Preschool class during this month.
Ask for details. Teens will work on it during the month and deliver to the Preschool class.**

JUNE 2024 MENU CDC

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>B: WG Pancakes, Pears, Milk L: Baked Chicken w/ Gravy, Broccoli, Peaches, Brown Rice, Milk S: Applesauce, WG Bread Stick</p>	<p>4</p> <p>B: Yogurt Parfait w/ Granola, Strawberries, Milk L: WG Vegetable Enchilada Casserole, Cucumbers, Pineapple, Milk S: Oranges, WG Crackers</p>	<p>5</p> <p>B: WG Cereal— Toasty O's, Bananas, Milk L: Chicken Noodle Soup, Garden Salad, Cantaloupe, WG Biscuit, Milk S: Baked WW Pita, Tomato Salsa</p>	<p>6</p> <p>B: Hash brown Potatoes, Scrambled Eggs, Milk L: WG Spaghetti & Meatballs, Italian Vegetable Blend, Mandarin Oranges, Milk S: WG Pretzel Stick, Tropical Fruit</p>	<p>7</p> <p>B: WW Bagel, Apples, Milk L: WG Turkey Ham & Cheese Sandwich, Green Beans, Fruit Salad, Milk S: Cucumbers, Sliced Cheese</p>
<p>10</p> <p>B: WG Cereal —Rice Chex, Strawberries, Milk L: Grilled Chicken Sandwich on WG Bun, Tropical Bean Salad, Milk S: Applesauce WG Cereal Scramble</p>	<p>11</p> <p>B: Cinnamon Oatmeal, Bananas, Milk L: WG Mac & Cheese, Broccoli, Peaches, Milk S: Cucumber & Carrot Sticks, WG Muffin</p>	<p>12</p> <p>B: WG Breakfast Tacos w/ Egg & Cheese, Applesauce, Milk L: Grilled Chicken Nuggets, Asparagus, Cantaloupe, WG Roll, Milk S: Watermelon, WG Crackers</p>	<p>13</p> <p>B: WG French Toast Sticks, Pineapple, Milk L: Stir-Fried Brown Rice w/ Turkey, Eggs & Vegetables, Pineapple, Milk S: Broccoli & Cauliflower, WG Snack Mix</p>	<p>14</p> <p>B: Turkey Sausage, Oranges, Milk L: WG Cheese Pizza, Baked Sweet Potato Tots, Fruit Salad, Milk S: Yogurt, Mixed Berries</p>
<p>17</p> <p>B: WG Bagel, Apples, Milk L: WG Toasted Turkey Ham & Cheese Sandwich, Green Beans, Honeydew, Milk S: Tropical Fruit, WG Bread Stick</p>	<p>18</p> <p>B: WG Cinnamon Toast, Pears, Milk L: Red Beans & Brown Rice, Broccoli, Watermelon, Milk S: Diced Tomatoes & Cucumbers, WG Crackers</p>	<p>19</p> <p style="text-align: center;">CENTER CLOSED HOLIDAY JUNETEENTH</p>	<p>20</p> <p>B: WG Cereal —Kix, Bananas, Milk L: WG Tuscan Chicken Pasta Salad w/ Vegetables, Pineapple, Milk S: Oranges, WG Muffin</p>	<p>21</p> <p>B: Scrambled Eggs, Berries, Milk L: Chef's Choice: S: Broccoli & Cauliflower, String Cheese, WG Crackers</p>
<p>24</p> <p>B: WG Cereal— Toasty O's, Peaches, Milk L: Grilled BBQ Chicken Sandwich on WG Bun, Green Beans, Pears, Milk S: Oranges, WG Crackers</p>	<p>25</p> <p>B: WG Waffle, Strawberries, Milk L: WG Cheese Pizza, Garden Salad, Cantaloupe, Milk S: Cucumber & Carrot Sticks, Hummus</p>	<p>26</p> <p>B: Yogurt, Mixed Berries, Milk L: Swedish Meatballs w/ Egg Noodles, Vegetable Blend, Pineapple, Milk S: Peaches, WG Muffin</p>	<p>27</p> <p>B: WW English Muffin, Bananas, Milk L: Chicken Stir-Fry w/ Veggies, Brown Rice, Honeydew, Milk S: Fruit Salad, Cottage Cheese</p>	<p>28</p> <p style="text-align: center;">★</p> <p>B: Hash brown Potatoes, Scrambled Eggs, Milk L: WG Turkey & Cheese Sandwich, Baked Sweet Potato Tots, Fruit Salad, Milk S: Blueberries, String Cheese</p>

* Approved by CNIC Mar 2024 — See SPRING CYCLE MENU 2024 *

NOTE: Substitutions for children under 3: Apples = Applesauce, Salad = Carrots & Peas, Oranges= Mandarin Oranges, Tortilla Chips = Soft Tortilla; All Raw Vegetables are steamed for children under 3 years old. Children under 2 are served Unflavored Whole Milk. Children 2 and older are served Unflavored 1% or Nonfat Milk.

This institution is an equal opportunity provider



★ - Monthly Celebration

