

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Daily Thrive Bar
Monday: Baby Carrots
Tuesday: Chilled Corn
Wednesday: Chopped Salad
Thursday: Chick Peas
Friday: Celery Sticks

1
Beef & Cheese Burrito
Hot Turkey Sandwich
Italian Wrap
Antipasto Salad w/Roll
Pretzel Boat
Vegetarian Refried Beans
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

2
Pizza
Cheese or Pepperoni
Hot Dogs w/ Dipping Cheese
Italian Wrap
Antipasto Salad w/Roll
Pretzel Boat
Golden Corn
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

All lunches served with choice of milk: Skim, Low Fat, & Low Fat Chocolate.

5
Chicken Nuggets
Pizza Burger
Chicken Salad Sub
Chicken Caesar
Yogurt Boat
Golden Corn
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

6
Meatball Parm Sub
Cheese & Pepperoni Pizza
Chicken salad Sub
Chicken Cesar Salad
Yogurt Boat
Green Beans
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

7
Pasta Bar w/ Dinner roll
Chicken Patty Sandwich
Chicken Salad Sub'
Chicken Caesar
Yogurt Boat
Sautéed Spinach
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

8
Tacos
Hot Turkey Sandwich
Chicken Salad Sub
Chicken Caesar
Yogurt Boat
Refried Beans
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

9
Cheese or Pepperoni Pizza
Hot Dogs w/ Dipping Cheese
Chicken salad Sub
Chicken Caesar
Yogurt Boat
Steamed Green Beans
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

menu subject to change.

12
Chicken Nuggets w/ Dinner roll
Cheese Burger
Ham & Cheese Sandwich
Garden Salad
Tossed Romaine Salad
Fresh Fruit & Fruit Cup

13
Chicken Cheese Steak
Cheese & Pepperoni Pizza
Ham & Cheese Sandwich
Garden Salad
Glazed Carrots
Tossed Romaine Salad
Fresh Fruit & Fruit Cup

14
Macaroni & Cheese w/dinner roll
BBQ Chicken
Ham & Cheese Sandwich
Garden Salad
Green Beans
Tossed Romaine Salad
Fresh Fruit & Fruit Cup

15
Nacho Grande
Hot Turkey Sandwich
Ham & Cheese Sandwich
Garden Salad
Refried Beans
Tossed Romaine Salad
Fresh Fruit & Fruit Cup

16
Pizza
Cheese or Pepperoni
Meatball Parm Sub
Ham & Cheese Sandwich
Garden Salad
Steamed Green Peas
Tossed Romaine Salad
Fresh Fruit & Fruit Cup

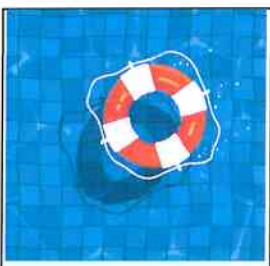
19
Pizza
Hot Dogs
PBJ
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

20
12:45 Dismissal
Day
No Lunches
Served

21
12:45 Dismissal
No Lunches
Served
Last Day of
School!

22

23



27

28

29

30

Sports Drinks and Kids

Pre-adolescent children can become dehydrated faster than adults or teenagers for several reasons:

- 1) Children do not tolerate temperature extremes well.
- 2) Children sweat less.
- 3) Children get hotter during exercise.
- 4) Children have a lower cardiac output (they pump less blood through the heart over a period of time compared to adults).

All of these factors increase the risk of dehydration in children. Therefore, fluids play a critical role in maintaining the health and optimal performance of active children.

Children who are active during an average school day or who engage in activity less than one hour can typically re-hydrate easily with water. Children who are vigorously active for more than one hour and/or who sweat profusely may benefit from a sports beverage to help replace lost minerals and calories.

Many kids like sports drinks because of the flavor, however you can also make your own healthy version of a sports drink by mixing together 50/50 your child's favorite 100% juice with water. Be sure not to add more than 50% as juice or the child may complain of stomach cramps.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

www.liftoffsplyground.com

Warning Signs of Heat Exhaustion

As a person exercises, heat generated by working muscles raises the temperature of the entire body. When the body gets hot, it sweats. As the sweat evaporates, the body cools. If this sweat is not replaced by drinking fluids, the body's water balance will be upset and the body may soon overheat. Initial symptoms of dehydration include thirst, chills, muscle pain, throbbing heart and clammy skin. As dehydration worsens, the symptoms become more severe and are associated with heat exhaustion.

These symptoms include dizziness, headache, shortness of breath and extreme fatigue. If ignored, these symptoms can lead to a life-threatening condition known as heat stroke. Dehydration can start when as little as 1% of body weight has been lost. In a 100-pound child, that means about a 1-pound weight loss. To monitor fluid loss, you can weigh a child pre and post activity.

For every one pound lost, they need to replace with at least 2 cups of hydrating fluid. Drinking at least ¼ cup water every 15 minutes during activity can help ensure a child stays hydrated throughout the activity.

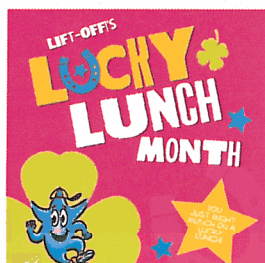
Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.

Fresh Pick Recipe

WATERMELON SALSA

- 2 c Watermelon (medium dice)
- 1 c Cucumber (medium dice)
- ¼ c Pineapple (medium dice)
- ¼ c Onion (small dice)
- 1 Jalapeno pepper (minced)
- 2 T Lime Juice
- 1 T Orange juice
- 1 T Honey
- Salt and pepper to taste

1. Prepare all ingredients as directed.
2. In medium bowl mix all ingredients together.
3. This dish can be served with baked corn chips or grilled meats.



Be sure to look on the back of your tray on Tuesday and Thursday for a star. If you tray has the star be sure to bring it up to the front to claim your free snack.