

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1

Dominos Pizza
Grilled Ham & Cheese
Turkey & Cheese Sandwich
Garden Salad w/Cheese & Roll
Steamed Green Beans
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

All Lunches served with choice of milk: 1%, Fat Free, Fat Free Chocolate.

4

Pancakes & Sausage
Herb Roasted Chicken w/ Dinner Roll
Ham & Cheese Sandwich
Turkey Club Salad w/Roll
Sweet Potato Fries
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

5

Personal Galaxy Cheese Pizza
Hot Dog
Ham & Cheese Sandwich
Turkey Club Salad w/Roll
Glazed Carrots
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

6

Macaroni & Cheese w/Dinner Roll
Chicken Cheese Steak
Ham & Cheese Sandwich
Turkey Club Salad w/Roll
Sautéed Spinach
Fresh Fruit & Fruit Cup

7

Chicken Fajita
Hot Turkey Sub
Ham & Cheese Sandwich
Turkey Club Salad w/Roll
Refried Beans
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

8

Dominos Pizza
Grilled Ham & Cheese
Ham & Cheese Sandwich
Turkey Club Salad w/Roll
Steamed Broccoli
Spinach Tossed Salad
Fresh Fruit & Fruit Cup

Menu subject to change.

11

Buffalo Baked Chicken w/ Dinner Roll
Grilled Chicken Parm Sub
Tuna Salad Sandwich
Grilled Chicken Caesar Salad
Sweet Potato Fries
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

12

Personal Galaxy Cheese Pizza
Hot Dog
Tuna Salad Sandwich
Grilled Chicken Caesar Salad
Glazed Carrots
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

13

Alfredo Pasta w/ Dinner Roll
Chicken Cheese Steak
Tuna Salad Sandwich
Grilled Chicken Caesar Salad
Steamed Broccoli
Fresh Fruit & Fruit Cup

14

Chicken Burrito
Hot Turkey Sandwich
Tuna Salad Sandwich
Grilled Chicken Caesar Salad
Refried Beans
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

15

Dominos Pizza
Grilled Ham & Cheese
Tuna Salad Sandwich
Grilled Chicken Caesar Salad
Steamed Broccoli
Romaine Tossed Salad
Fresh Fruit & Fruit Cup

18

Herb Roasted Chicken w/Dinner Roll
Chicken Caesar Wrap
Chef Salad w/Roll
Sweet Potato Fries
Spinach Tossed Salad
Fresh Fruit & Fruit Cup
(No Chicken Nuggets)

19

Hot Turkey Sub
Chicken Caesar Wrap
Chef Salad w/Roll
Glazed Carrots
Spinach Tossed Salad
Fresh Fruit & Fruit Cup
(No Chicken Nuggets)

20

Dominos Pizza
PB & J Sandwich
Romaine Tossed Salad
Fresh Fruit & Fruit Cup
(No Nuggets or Teacher Lunches)

21

22

25

26

27

28

29

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.

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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.

Fresh Pick Recipe

GREEN SALAD WITH CANTELOUPE

- 4 C Romaine (1" slice)
- 2 C Canteloupe (medium dice)
- ½ Cucumber (peeled/sliced thin in rounds)
- ¼ C onion (sweet/sliced thin)
- 1 T Lime juice
- 2 T Oil (light)
- ¼ t Honey
- Salt and pepper to taste
- 1 ½ T fresh mint or parsley for garnish

1. Prepare ingredients as directed.
2. Place the lettuce leaves on a medium platter.
3. In medium bowl add canteloupe, cucumber, and onion.
4. In small bowl mix lime juice, oil and honey.
5. Pour dressing on the canteloupe mixture.
6. Add salt and pepper to taste. Spoon canteloupe mixture onto the lettuce. Garnish with mint or parsley.

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/>.