

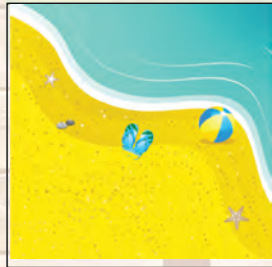
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



- 1 Chicken Tenders w/wo Fresh Baked WG Roll
- Chicken Caesar Salad w/wo Fresh Baked WG Roll
- Peanut Butter & Jelly Sandwich
- Assorted Seasonal Fresh Fruits & Vegetables
- Baked Beans
- Mixed Fruit
- Low Fat Milk

Calories 614.49, Fat 16.23 g, Saturated Fat 3.01 g, Sodium 725.10 mg, Carbohydrate 84.45 g, Protein 38.29 g

- 4 French Toast Sticks w/wo Sausage
- Fun on the Run Pizza Lunchable
- Peanut Butter & Jelly Sandwich
- Assorted Seasonal Fresh Fruits & Vegetables
- Tater Tots
- Applesauce
- Low Fat Milk

- 5 Cheese or Pepperoni Pizza
- Fun on the Run Pizza Lunchable
- Peanut Butter & Jelly Sandwich
- Assorted Seasonal Fresh Fruits & Vegetables
- Carrot Coins
- Pineapple Tidbits
- Low Fat Milk

- 6 Soft Shell Taco
- Fun on the Run Pizza Lunchable
- Peanut Butter & Jelly Sandwich
- Assorted Seasonal Fresh Fruits & Vegetables
- Refried Beans
- Diced Pears
- Low Fat Milk

- 7 Homemade Ziti w/wo Fresh Baked WG Breadstick
- Fun on the Run Pizza Lunchable
- Peanut Butter & Jelly Sandwich
- Assorted Seasonal Fresh Fruits & Vegetables
- Steamed Broccoli
- Mixed Fruit
- Low Fat Milk

- 8 Chicken Nuggets w/wo Fresh Baked WG Roll
- Fun on the Run Pizza Lunchable
- Peanut Butter & Jelly Sandwich
- Assorted Seasonal Fresh Fruits & Vegetables
- Green Beans
- Diced Peaches
- Low Fat Milk

Calories 644.59, Fat 20.85 g, Saturated Fat 7.06 g, Sodium 1,052.49 mg, Carbohydrate 88.14 g, Protein 30.25 g

- 11 Pancakes w/wo Sausage
- Ham & Cheese Sandwich
- Peanut Butter & Jelly Sandwich
- Assorted Seasonal Fresh Fruits & Vegetables
- Tater Tots
- Mandarin Oranges
- Low Fat Milk

- 12 Cheese or Pepperoni Pizza
- Ham & Cheese Sandwich
- Peanut Butter & Jelly Sandwich
- Assorted Seasonal Fresh Fruits & Vegetables
- Steamed Carrots
- Pineapple Tidbits
- Low Fat Milk

- 13 Beefy Nacho
- Ham & Cheese Sandwich
- Peanut Butter & Jelly Sandwich
- Assorted Seasonal Fresh Fruits & Vegetables
- Refried Beans
- Mixed Fruit
- Low Fat Milk

- 14 Chicken Patty Sandwich
- Ham & Cheese Sandwich
- Peanut Butter & Jelly Sandwich
- Assorted Seasonal Fresh Fruits & Vegetables
- Steamed Broccoli
- Diced Pears
- Low Fat Milk

- 15

Calories 625.40 g, Fat 20.34 g, Saturated Fat 6.62 g, Sodium 1,200.30 mg, Carbohydrate 86.54 g, Protein 27.73 g

- 18

- 19

- 20

- 21

- 22

Calories 625.40 g, Fat 20.34 g, Saturated Fat 6.62 g, Sodium 1,200.30 mg, Carbohydrate 86.54 g, Protein 27.73 g

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- 26

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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.

liftoffsplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Cinni Mini's Fruit 100% Fruit Juice Low Fat Milk
Warm Fruit Frudel Fruit 100% Fruit Juice Low Fat Milk	Cereal Graham Crackers Fruit 100% Fruit Juice Low Fat Milk	Strawberry Gogurt Graham Crackers Fruit 100% Fruit Juice Low Fat Milk	Cereal Animal Crackers Fruit 100% Fruit Juice Low Fat Milk	Cinni Mini's Fruit 100% Fruit Juice Low Fat Milk
Oatmeal Bar Fruit 100% Fruit Juice Low Fat Milk	Cereal Graham Crackers Fruit 100% Fruit Juice Low Fat Milk	Cinni Mini's Fruit 100% Fruit Juice Low Fat Milk	Cereal Animal Crackers Fruit 100% Fruit Juice Low Fat Milk	

Fresh Pick Recipe

CORN AND AVOCADO SALSA

- 1/2 cup sweet onion
- 1 jalapeño pepper, minced
- 1 yellow bell pepper, medium dice
- 1 green bell pepper, medium dice
- 1/2 cucumber, medium dice
- 2 cups corn
- 2/3 avocados, large dice
- 1/2 cup orange juice
- 2 tablespoons lime juice
- 2 tablespoons extra virgin olive oil
- salt and pepper to taste
- baked corn chips

1. Prepare all ingredients as directed.
2. Mix the orange and lime juices with the olive oil in small bowl.
3. Place remaining ingredients in medium bowl and mix with the dressing.
4. Serve with baked chips.

HAVE A GREAT SUMMER!

