

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	2	3	4	5
Turkey & Cheese Sandwich ----- Chips Baby Carrots Whole Fruit	Ham & Cheese Sandwich ----- Chips Bagged Sliced Apples Celery Sticks	Turkey & Cheese Sandwich ----- Chips Baby Carrots Whole Fruit	Sunbutter & Jelly Sandwich ----- Chips Bagged Sliced Apples Celery Sticks	

6	7	8	9	10
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4	5	6	7	8
Turkey & Cheese Sandwich ----- Chips Baby Carrots Whole Fruit	Ham & Cheese Sandwich ----- Chips Bagged Sliced Apples Celery Sticks	Turkey & Cheese Sandwich ----- Chips Baby Carrots Whole Fruit	Sunbutter & Jelly Sandwich ----- Chips Bagged Sliced Apples Celery Sticks	

9	10	11	12	13
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11	12	13	14	15
Turkey & Cheese Sandwich ----- Chips Baby Carrots Whole Fruit	Ham & Cheese Sandwich ----- Chips Bagged Sliced Apples Celery Sticks	Turkey & Cheese Sandwich ----- Chips Baby Carrots Whole Fruit	Sunbutter & Jelly Sandwich ----- Chips Bagged Sliced Apples Celery Sticks	

16	17	18	19	20
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18	19	20	21	22
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(V) Denotes a vegetarian friendly item. Local ingredients used when seasonally available. Variety of fat free and low fat milk are offered daily.

23	24	25	26	27
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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.

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

GLAZED CARROTS WITH ORANGE SAUCE (SERVES 5)

- 3 cups fresh, cooked carrots
- 1 teaspoon canola/olive oil blend
- 4 ounces frozen orange juice
- 1 1/2 teaspoons cornstarch
- 1 tablespoon brown sugar
- 1/8 teaspoon black pepper
- 1 tablespoon parsley (dried)

1. Toss carrots in oil and arrange on a parchment lined sheet pan in a single layer. Bake carrots in a 350°F standard oven for 15-18 minutes and the carrots are slightly crunchy.
2. Combine orange juice, cornstarch, brown sugar and pepper in a 4" oven safe pan and bake at 350°F for 10 minutes or until sauce thickens at 160°F or above for 15 seconds.
3. Carefully transfer cooked carrots to serving pan.
4. Pour hot orange dressing over carrots and gently toss until carrots are evenly coated. Garnish with parsley.

NUTRITION FACTS:
57 calories, 1g fat,
55mg sodium, 3g fiber



What is a reimbursable meal?

To qualify for a reimbursable lunch, each student must select at least 3 of the 5 components offered. One selection must be a fruit or vegetable. Meal components include fruits, vegetables, grains, meat/meat alternative, and milk.

