

#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY



**1**

Ham and Cheese Sandwich  
Chips  
Mixed Fruit  
Fresh Veggie  
Milk

**2**

Turkey and Cheese Sandwich  
Chips  
Fresh Broccoli  
Orange Smiles  
Milk



Fresh Pick of the Month: Strawberries!

**6**

All American Sandwich  
Chips  
Diced Peaches  
Fresh Veggies  
Milk

**7**

Italian Sandwich  
Chips  
Fresh Veggies  
Diced Pears  
Milk

**8**

Ham and Cheese Sandwich  
Chips  
Fresh Broccoli  
Applesauce  
Milk

**9**

Turkey and Cheese Sandwich  
Chips  
Mixed Fruit  
Fresh Veggies  
Milk



Local ingredients used when seasonally available

**13**

All American Sandwich  
Chips  
Baby Carrots  
Applesauce  
Milk

**14**

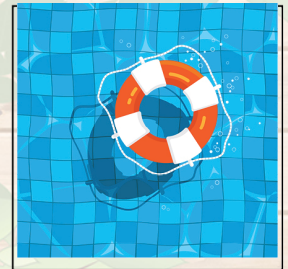
Italian Sandwich  
Chips  
Mixed Vegetables  
Diced Pears  
Milk

**15**

Ham and Cheese Sandwich  
Chips  
Applesauce  
Veggie Sticks  
Milk

**16**

Turkey and Cheese Sandwich  
Chips  
Mixed Fruit  
Fresh Veggies  
Milk



Variety of fat free and low fat milk offered daily

**20**

All American Sandwich  
Chips  
Mixed Vegetables  
Diced Peaches  
Milk

**21**

Italian Sandwich  
Chips  
Diced Pears  
Fresh Veggies  
Milk

**22**

Ham and Cheese Sandwich  
Chips  
Applesauce  
Mixed Vegetables  
Milk

**23**

Turkey and Cheese Sandwich  
Chips  
Fresh Fruit  
Veggie Sticks  
Milk



(V) denotes vegetarian friendly item

**27**

All American Sandwich  
Chips  
Mixed Fruit  
Baby Carrots  
Milk

**28**

Italian Sandwich  
Chips  
Fresh Veggies  
Diced Peaches  
Milk

**29**

Ham and Cheese Sandwich  
Chips  
Fresh Fruit  
Mixed Veggies  
Milk

**30**

Turkey and Cheese Sandwich  
Chips  
Mixed Vegetables  
Fresh Fruit  
Milk





## 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.liftoffsplayground.com](http://www.liftoffsplayground.com)

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		June 1  Cereal Milk Juice	June 2  Muffin Milk Juice	
June 6  PopTart Milk Juice	June 7  Cereal Milk Juice	June 8  Mini Cinni Milk Juice	June 9  Cereal Milk Juice	
June 13  PopTart Milk Juice	June 14  Cereal Milk Juice	June 15  Muffin Milk Juice	June 16  Cereal Milk Juice	
June 20  Mini Cinni Milk Juice	June 21  Cereal Milk Juice	June 22  Breakfast Bar Milk Juice	June 23  Cereal Milk Juice	
June 27  Cereal Milk Juice	June 28  Muffin Milk Juice	June 29  Cereal Milk Juice	June 30  Breakfast Bar Milk Juice	

### Fresh Pick Recipe

#### STRAWBERRY SALSA WITH BAKED CORN CHIPS

- ¼ c Red onion (small dice)
- 1 Jalapeno pepper (minced)
- 1 Yellow bell pepper (medium dice)
- 1 Green pepper (medium dice)
- 1/2 Cucumber (medium dice)
- 1 Pint Strawberries (large dice)
- 1/2 c Pineapple (medium dice)
- 1/2 c Cilantro leaves
- 1/2 c Orange juice
- 2 T Lime juice
- 2 T Extra virgin olive oil
- Salt and pepper to taste
- Baked tortilla chips/scoops

1. Prepare all ingredients as directed.
2. In medium bowl mix all of the ingredients except for the chips.
3. Serve the salsa with the chips on the side.