

### MONDAY

### TUESDAY

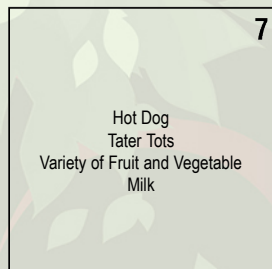
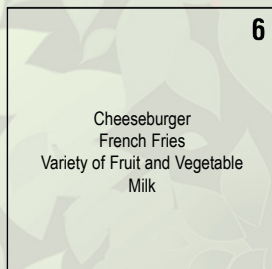
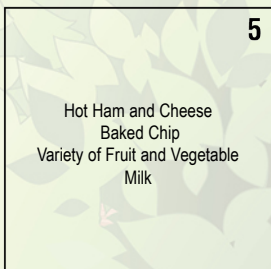
### WEDNESDAY

### THURSDAY

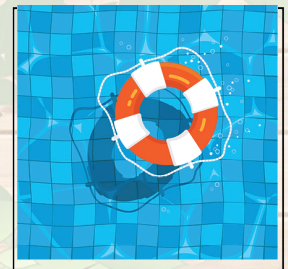
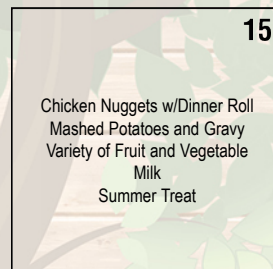
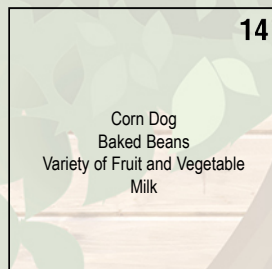
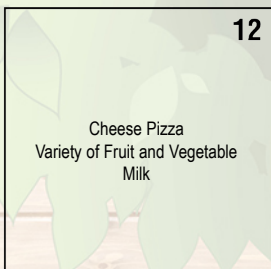
### FRIDAY



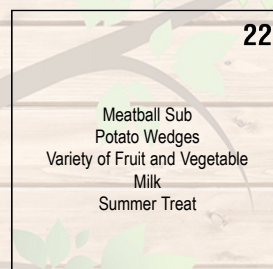
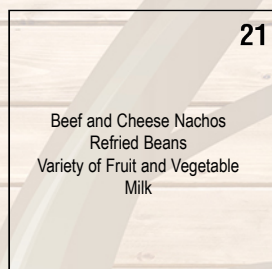
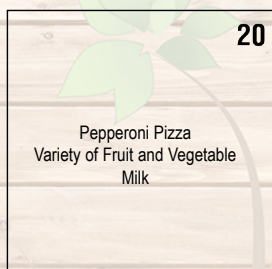
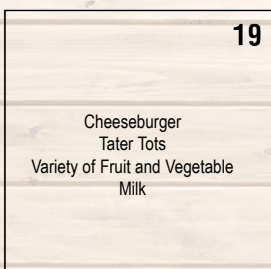
Fresh Pick of the Month: Strawberries!



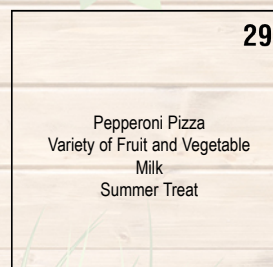
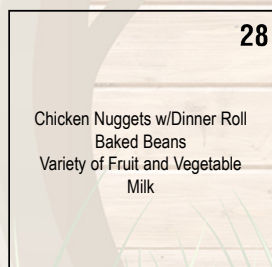
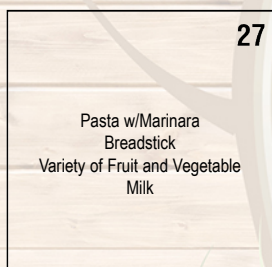
Local ingredients used when seasonally available



Variety of fat free and low fat milk offered daily



(V) denotes vegetarian friendly item



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

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
June 5 Assorted Cereal Fruit Milk Juice	June 6 Pancakes Assorted Cereal Diced Peaches Milk Juice	June 7 Breakfast Pizza Assorted Cereal Applesauce Milk Juice	June 8 Assorted Cereal Orange Smiles Milk Juice	
June 12 Assorted Cereal Fresh Fruit Milk Juice	June 13 Pancakes Assorted Cereal Applesauce Milk Juice	June 14 Assorted Cereal Fresh Fruit Milk Juice	June 15 Breakfast Egg Sandwich Assorted Cereal Mixed Fruit Milk	
June 19 Breakfast Pizza Assorted Cereal Mixed Fruit Milk Juice	June 20 Cinnamon Rolls Assorted Cereal Fresh Fruit Milk Juice	June 21 Egg and Cheese Biscuit Assorted Cereal Mixed Fruit Milk	June 22 Pancakes Assorted Cereal Fresh Fruit Milk Juice	
June 26 Assorted Cereal Applesauce Milk Juice	June 27 Breakfast Sandwich Assorted Cereal Fresh Fruit Milk Juice	June 28 Breakfast Sandwich Assorted Cereal Mixed Fruit Milk Juice	June 29 Hot Breakfast Assorted Cereal Variety of Fruit 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.