

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Calzone ¹⁴ or A) Chicken Nuggets with a Roll Carrot Sticks with Dip Applesauce or Seasonal Fresh Fruit	Popcorn Chicken with Rice ¹⁵ (optional Mandarin Orange Sauce) or A) Corn Dog Broccoli or Tossed Garden Salad  Mandarin Oranges	Meatball Sub ¹⁶ or A) Popcorn Chicken with a Roll Potato Wedges Peach Cup or Seasonal Fresh Fruit	Walking Taco ¹⁷ (Beef Taco Meat & Shredded Cheddar Cheese served in a Bag of Tostitos Chips with optional Black Beans & Salsa) or A) Hamburger or Cheeseburger on a Bun Corn or Tossed Garden Salad 100% Fruit Juice	Mac & Cheese with a Pretzel Rod ¹⁸ or A) Cheese Pizza  Green Beans Pears or Seasonal Fresh Fruit
Salisbury Steak with Gravy & a Breadstick ²¹ or A) Chicken Nuggets with a Roll Mashed Potatoes Strawberry Cup or Seasonal Fresh Fruit	Oven Baked Chicken with a Corn Muffin ²² or A) Corn Dog Roasted Potatoes or Tossed Garden Salad Frozen Juice Cup	Pepperoni Pizza ²³ or A) Chicken Patty on a Bun Carrots Apple Slices or Seasonal Fresh Fruit 	Chicken Tenders ²⁴ or A) Hamburger or Cheeseburger on a Bun Baked Beans or Tossed Garden Salad Mixed Fruit	Breaded Mozzarella Sticks with Dipping Sauce ²⁵ or A) Cheese Pizza Green Beans Peaches or Seasonal Fresh Fruit BBQ Potato Crisps
 ²⁸ 	Beef Nachos ²⁹ (Taco Meat & Cheese Sauce over Tostitos Chips with optional Salsa) or A) Hot Dog on a Bun Black Bean & Corn Salad or Tossed Garden Salad 100% Fruit Juice	Salisbury Steak with Gravy & a Breadstick ³⁰ or A) Popcorn Chicken with a Roll Mashed Potatoes Mixed Fruit or Seasonal Fresh Fruit BBQ Potato Crisps	Crispy Oven Fried Chicken Drumstick with a Roll ³¹ or A) Hamburger or Cheeseburger on a Bun Potato Wedges or Tossed Garden Salad Mandarin Oranges	

*Please note that at least one vegetable or fruit side must be chosen with each lunch.

SUBSTITUTION OF ITEMS MAY BE NECESSARY



Dehydration



What Is Dehydration?

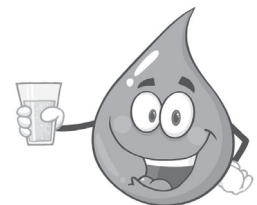
When it's hot outside and you've been sweating, you get thirsty. Why? Thirst can be a sign of dehydration (say: dee-hye-DRAY-shun). Dehydration means that your body doesn't have enough water in it to keep it working right. A person gets water by drinking and eating. You lose water when you sweat, go to the bathroom, or get sick. You even lose a little water when you breathe. Our bodies need water to work properly. If you don't replace the water your body has lost, you might start feeling sick.

What Are the Signs of Dehydration?

Being thirsty is the top clue. Here are some other signs that a person might be dehydrated: feeling lightheaded, dizzy, or tired, rapid heartbeat, dry lips and mouth.

What Should I Do?

If you can, try not to get dehydrated in the first place. If you're going to be going outside, it's a good idea to drink water before, during, and after you play, especially if it's hot. Also, limit soda and other sugary drinks, such as fruit punches, lemonades, and iced teas. These drinks have a lot of sugar that your body doesn't need. Some also contain caffeine, which can make you go to the bathroom a lot more. In other words, it tells your body to get rid of fluids. And as you now know, that's the opposite of what you need to do if you're dehydrated!



Information adapted from kidshealth.org

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