

**Lunch Includes:**

- \*Main or Alternate Entree
- \*Choice of Vegetable Side
- \*Choice of Fruit Side
- \*1/2 Pint Milk



*May, 2018*  
**Monthly Menu**  
**Price Per Lunch \$2.75**



**Let's Do School Lunch!**

If writing a check, please make payable to: **DOC Nutrition Services**

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Beef Nachos</b> <sup>1</sup> (Taco Meat & Cheese Sauce over Tostitos Chips with optional Salsa) or A) <b>Hot Dog on a Bun</b> <b>Black Bean &amp; Corn Salad</b> or <b>Tossed Garden Salad</b> <b>100% Fruit Juice</b>	<b>Salisbury Steak with Gravy &amp; a Breadstick</b> <sup>2</sup> or A) <b>Popcorn Chicken with a Roll</b> <b>Mashed Potatoes</b> <b>Mixed Fruit</b> or <b>Seasonal Fresh Fruit</b> <b>BBQ Potato Crisps</b>	<b>Crispy Oven Fried Chicken Drumstick with a Roll</b> <sup>3</sup> or A) <b>Hamburger or Cheeseburger on a Bun</b> <b>Potato Wedges</b> or <b>Tossed Garden Salad</b> <b>Mandarin Oranges</b>	<b>Grilled Cheese Sandwich</b> <sup>4</sup> or A) <b>Cheese Pizza</b>  <b>French Fries</b> <b>Blueberry Yogurt</b> <b>Parfait</b> or <b>Seasonal Fresh Fruit</b>
<b>School Nutrition Employee Week! May 7th-11th</b>				
<b>Turkey &amp; Cheese Sub</b> <sup>7</sup> or A) <b>Chicken Nuggets with a Roll</b> <b>Carrot Sticks with Dip</b> <b>Peaches</b> or <b>Seasonal Fresh Fruit</b> 	<b>Pasta with Meat Sauce &amp; a Roll</b> <sup>8</sup> or A) <b>Hot Dog on a Bun</b> <b>Green Beans</b> or <b>Tossed Garden Salad</b> <b>Pears</b> <b>BBQ Potato Crisps</b>	<b>Fiestada Pizza</b> <sup>9</sup> or A) <b>Chicken Patty on a Bun</b> <b>Corn</b> or <b>Tossed Garden Salad</b>  <b>Raisins</b>	<b>Honey BBQ Ribslets with a Breadstick</b> <sup>10</sup> or A) <b>Hamburger or Cheeseburger on a Bun</b> <b>Baked Beans</b> <b>Sunshine Smoothie</b> or <b>Seasonal Fresh Fruit</b>	<b>Cheese Stuffed Breadsticks with Marinara Dipping Sauce</b> <sup>11</sup> or A) <b>Cheese Pizza</b> <b>Broccoli</b> <b>Strawberry Cup</b> or <b>Seasonal Fresh Fruit</b>

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

**SUBSTITUTION OF ITEMS MAY BE NECESSARY**  
 Look on the reverse side for three more weeks of menu selections!



## What's Sweat?

You're biking up a hill, pedaling as hard as you can. You're almost there and — what's this? Your back is all wet and so is your face. Don't sweat it — it's only sweat!



Your body works best when its temperature is about 98.6°F (37°C). When your body gets hotter than that, your brain doesn't like it — it wants your body to stay cool and comfortable. So the part of your brain that controls temperature, called the hypothalamus (say: hi-po-THAL-uh-mus), sends a message to your body, telling it to sweat.

The sweat leaves your skin through tiny holes called pores. When the sweat hits the air, the air makes it evaporate (this means it turns from a liquid to a vapor). As the sweat evaporates off your skin, you cool down.

Sweat is a great cooling system, but if you're sweating a lot on a hot day or after playing hard you could be losing too much water through your skin. Then you need to put liquid back in your body by drinking plenty of water so you won't get dehydrated (say: dee-HI-drayt-ed).



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

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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

This institution is an equal opportunity provider.