### OASD Elementary Lunch Menu

#### MONDAY
- **1**
  - Mini Corn Dogs
  - Hamburger on a Bun
  - Classic Club Wrap
  - Offering Bar:
    - Baked Beans, Crunchy Carrots, Fresh Apples, Diced Peaches & Milk

- **2**
  - Macaroni & Cheese w/ Roll
  - French Toast Sticks
  - w/ Syrup & Sausage
  - Crispy Chicken Salad
  - w/ Breadstick
  - Offering Bar:
    - Golden Corn, Cucumber Wheels, Orange Smiles, Applesauce & Milk

#### TUESDAY
- **3**
  - Ham & Cheese Sliders
  - Chicken Patty on a Bun
  - All American Sub Sandwich
  - Offering Bar:
    - Romaine Lettuce, Chilled Peas, Fresh Apples, Mixed Fruit & Milk

- **4**
  - Chicken Nuggets w/ Smile Fries
  - Beef Ravioli w/ Roll
  - Chef Salad w/ Breadstick
  - Offering Bar:
    - Garden Green Beans, Celery Sticks, Fresh Apples, Mixed Fruit & Milk

#### WEDNESDAY
- **8**
  - Pizza Dippers
  - Cheeseburger on a Bun
  - Ham & Cheese Wrap
  - Offering Bar:
    - Baked Beans, Crunchy Carrots, Fresh Apples, Diced Peaches & Milk

- **9**
  - Italian Station Sub Sandwich
  - Ham & Cheese Sub Sandwich
  - "Fun on the Run Bag"
  - Offering Bar:
    - Golden Corn, Cucumber Wheels, Orange Smiles, Applesauce & Milk

- **15**
  - Have a Great Summer!

- **16**
  - 2014-2015 Lunch Prices
  - Paid: $2.35
  - Reduced: $0.40
  - Adult: $3.50
  - Ala Carte Milk: $0.50
  - *Lunch Prices Include Milk*
  - *Menu Subject to Change*
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.

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.

Fresh Pick Recipe

STRAWBERRY SALSA WITH BAKED CORN CHIPS

- ¾ c Red onion (small dice)
- 1 Jalapeño 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 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 or scoops

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