

### MONDAY



### TUESDAY

Choice of fresh tossed salad, vegetable of the day and fresh vegetables, fresh fruit, cupped fruit or fruit juice and milk come with every entrée every day.

### WEDNESDAY

1

French Toast Sticks w/Ham Slice  
Double Berry Yogurt Parfait  
Italian Sub  
Pretzel Boat  
Broccoli  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

### THURSDAY

2

Chicken Nuggets w/Roll  
Double Berry Yogurt Parfait  
Italian Sup  
Pretzel Boat  
Chickpea Salad  
Baby Carrots  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

### FRIDAY

3

French Bread Pizza  
Double Berry Parfait  
Italian Sub  
Pretzel Boat  
Celery Sticks  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

All lunches served with choice of milk: Skim, Low Fat, or Fat Free Chocolate

6

CHEF OF THE DAY PICKS  
Pancakes w/Sausage  
side of strawberries and yogurt  
Cheese Burger  
Carrots  
Yogurt Boat  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup  
STICKER DAY

7

Popcorn Chicken Bowl w/Roll  
Mashed Potatoes, Corn & Gravy  
Hot Dog on a Bun  
Turkey & Cheese Sandwich  
Yogurt Boat  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

8

Deli Station  
Chicken Parm Sub  
Yogurt Boat  
Caesar Salad  
Fresh Fruit & Fruit Cup

9

Domino's Pizza  
Hot Dog on a Bun  
Turkey & Cheese Sandwich  
Yogurt Boat  
Caesar Side Salad  
Fresh Fruit & Fruit Cup

10

School Closed

Menu subject to change.

13

Mozzarella w/Marinara Sauce  
Cheese Burger  
Ham & Cheese Sandwich  
Bagel Boat  
Cinnamon Carrots  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

14

BBQ Roasted Chicken w/Roll  
Corn Dog  
Ham & Cheese Sandwich  
Peas  
Bagel Boat  
French Fries  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup  
STICKER DAY

15

Deli Station  
Mac & Cheese w/Breadstick  
Caesar Salad  
Bagel Boat  
Fresh Fruit & Fruit Cup

16

Nachos Supreme  
Hot Dog on a Bun  
Ham & Cheese Sandwich  
Bagel Boat  
Carrot Planks  
Three Bean Salad  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

17

Big Daddy Cheese  
Monster Sub w/Meatball/Mozz Stick  
Ham & Cheese Sandwich  
Bagel Boat  
Cauliflower Florets  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

Peanut Butter & Jelly Sandwiches served daily - Garden Salad w/Cheese or Crispy Chicken Salad Entrée available upon request

20

Pancakes w/Ham Slice  
Cheese Burger w/Pickles  
Tuna Salad Sandwich  
Cereal Boat  
Cross Trax Sweet Potatoes  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

21

Chicken Nuggets w/Breadstick  
Cheese Burger w/Pickles  
Tuna Salad Sandwich  
Cereal Boat  
French Fries  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

22

Deli Station  
Cheese Burger w/Pickles  
Tuna Salad Sandwich  
Cereal Boat  
Caesar Salad  
Fresh Fruit & Fruit Cup  
STICKER DAY

23

Big Daddy Pizza  
Tuna Salad Sandwich  
Cereal Boat  
Three Bean Salad  
Romaine Tossed Salad  
Fresh Fruit & Fruit Cup

24

Gluten free bread, rolls, pizza and chicken available upon request - Must be pre-ordered during lunch counts in the classroom



29

**Chef of the Day**  
Matthew McAvinn



HAVE A WONDERFUL  
SUMMER!

## 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.liftoffsp playground.com](http://www.liftoffsp playground.com)

## 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.

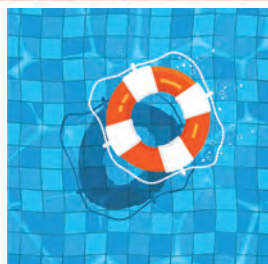
*Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.*

## Fresh Pick Recipe

### WATERMELON SALSA

- 2 c Watermelon (medium dice)
- 1 c Cucumber (medium dice)
- ¼ c Pineapple (medium dice)
- ¼ c Onion (small dice)
- 1 Jalapeno pepper (minced)
- 2 T Lime Juice
- 1 T Orange juice
- 1 T Honey
- Salt and pepper to taste

1. Prepare all ingredients as directed.
2. In medium bowl mix all ingredients together.
3. This dish can be served with baked corn chips or grilled meats.



Lunch charges must be paid off before the last day of school. Please visit our SodexoMyWay website for making payments on line using MealTime On-Line or to just monitor your student's lunch activity. You may also send in a check made payable to Chester BOE. SodexoMyWay offers all your food service needs. Catering forms, price lists, menus, products labels for parties, newsletters and much more. Just click on the food service link from Chester's website for easy access. Any question or comments please call Nancy Rapisardi 908-879-3642 or email [Nancy.Rapisardi@sodexo.com](mailto:Nancy.Rapisardi@sodexo.com). WE ARE NOT ACCEPTING APPLICATIONS FOR FOOD SERVICE WORKERS TO START IN SEPTEMBER. SUMMERS AND HOLIDAYS OFF!

