

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

Nacho's Supreme
Chicken Parm Sub
Turkey & Cheese Sandwich
Yogurt Boat
Spinach
Romaine Tossed 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

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

Baked Mac & Cheese w/Breadstick
Chicken Patty Sandwich
Ham & Cheese Sandwich
Spinach
Bagel Boat
Romaine Tossed Salad
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

Taco - Soft or Crispy Shell
Cheese Burger w/Pickles
Tuna Salad Sandwich
Cereal Boat
Corn
Romaine Tossed 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

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.

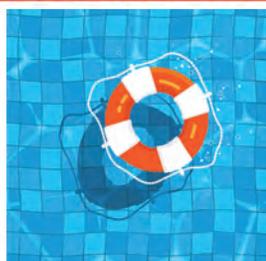
Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.

Fresh Pick Recipe

WATERMELON SALSA

- 2 c Watermelon (medium dice)
- 1 c Cucumber (medium dice)
- ¾ 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. WE ARE NOT ACCEPTING APPLICATIONS FOR FOOD SERVICE WORKERS TO START IN SEPTEMBER. SUMMERS AND HOLIDAYS OFF!

