

LUNCH

July 1-5

Summer at Latin

MONDAY

Baked Pasta w/Chicken Sausage (G)
Baked Pasta w/Roasted Veggies (G)
Mozzarella Cheese (D)
Sautéed Green Beans
Fruit Salad

TUESDAY

Cheese Pizza (D,G)
Roasted Veggie & Cheese Pizza (D,G)
Roasted Broccoli
Mixed Green Salad w/Vinaigrette
Cookie (D,E,G,S)

WEDNESDAY

Turkey Taco Salad
Tofu Taco Salad (S)
Roasted Cauliflower
Mexican Rice
Roasted Pineapple w/Whipped Cream (D)

THURSDAY

BUILDING CLOSED - HAPPY 4TH OF JULY!

FRIDAY

Hot Dogs (Bun: G)
Veggie Hot Dogs (S, Bun: G)
Carrot & Celery Sticks
HandCut Potato Chips
Watermelon Wedges

Eating for Exercise

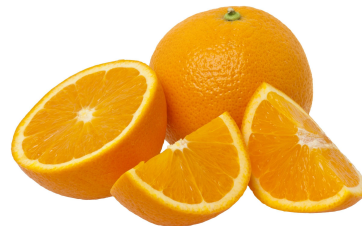
Good nutrition is fundamental to fitness. No matter what your level of physical activity, your nutrient needs are similar to those of your same age and gender. However, if you're highly active, you may need slightly more of some nutrients. The harder, longer, and more often you work out, the more energy is required for muscle work.

Carbohydrates supply fuel or energy, for both your muscles and your central nervous system. For peak performance, it's important to match your carbohydrate intake and your body's carbohydrate stores with the physical demands of your sport. Your muscles and liver store glycogen - but only a limited amount - which must be replaced after each bout of exercise. Endurance athletes worry about "hitting the wall," or having extreme fatigue before finishing. When this happens, their out of glycogen. Typically, events longer than 90 minutes require carb loading.

For athletes, most of your calories should come from carbohydrates (~60%). How much depends on the individual athlete's body composition, training schedule and the sport. Endurance athletes who "carb load" consume ~70% of their daily calories from carbohydrates to build glycogen stores.

Protein is important for building muscles and for remodeling body proteins (resorption and formation) within bones, ligaments, and tendons. Without sufficient carbohydrates for high-energy demands, the body uses protein for energy instead which can be counterproductive to physical and athletic goals.

Fat helps power activities of longer duration such as hiking or marathon running. Fat also fuels working muscles. In fact, it's a more concentrated energy source than carbohydrates or protein. Fat performs other body functions, such as transporting fat-soluble vitamins and providing essential fatty acids. Fat needs oxygen for energy metabolism, which is why endurance sports, fueled in part by fat, are called aerobic activities.



HANDCUT FOODS

Contact us at latin@handcutfoods.com
handcutfoods.com/portal Client code: 59

Our kitchen is nut-aware, which means we do not work with nuts or ingredients produced in facilities that use nuts. For other top 8 allergens and known community allergens, we follow best practices to avoid cross contamination during production. Allergy-friendly alternatives are available every day.