

LUNCH

June 24-28

Summer at Latin

MONDAY

Spaghetti w/ Beef Bolognese Sauce (G)
Spaghetti w/Garden Vegetable Marinara (G)
Mozzarella Cheese (D)
Roasted Seasonal Vegetables
Fruit Salad

TUESDAY

Roasted Chicken
Roasted Tofu (S)
Mixed Green Salad w/Vinaigrette
Macaroni & Cheese w/Broccoli (D, G)
Cookie (D,E,G,S)

WEDNESDAY

MS ONLY

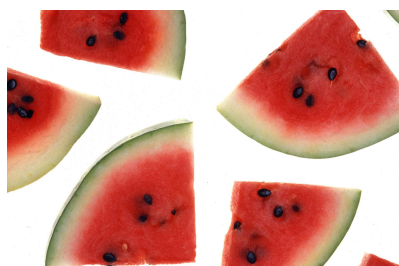
Turkey & Cheese Melt (D, G)
Grilled Cheese (D, G)
Tomato Soup
Cucumber & Tomato Salad
Baked Fruit (D)

THURSDAY

Chicken & Cheese Quesadillas (D,G)
Bean & Cheese Quesadillas (D,G)
Corn & Black Bean Salad
Baked Fruit (D)

FRIDAY

Beef Burgers (Bun: D,E,G)
Black Bean Burgers (G, Bun: D,E,G)
Vegetable Crudites
Homemade Potato Chips
Watermelon Wedges



HYDRATION STATION

Kids are more likely than adults to get overheated from strenuous activity. Why? Because they sweat less, their body's "air-conditioning" system is less effective. This means their at greater risk for dehydration caused by physical activity.

To prevent dehydration, remember to drink fluids **BEFORE, DURING & AFTER** activity (see guide below)

Water helps lower and normalize your body's core temperature and moves quickly from your digestive tract to your tissues. **Water is the best choice to maintain hydration for most athletes.**

Sports drinks (or water with sugar, and electrolytes) can benefit athletes who exercise hard for more than 60 minutes. Glucose in sports drinks provides immediate fuel for working muscles.

Remember to read nutrition labels. The average sports drink contains 2.5 servings per bottle, which means 2.5x the added sugar.

Did you know? Coconut water contains electrolytes just like sports drinks without the added sugar. It's nature's gatorade!

When to Drink Water	About How Much* <small>*one medium mouthful of fluid = about 1 oz; 1 cup = 8 oz</small>
2-3 hours before activity	2-3 cups + more with meals
15 minutes before activity	1-1.5 cups
Every 15 minutes during activity	½-1 ½ cups, enough to minimize body weight loss, without overdrinking*
After activity	2-3 cups per pound body weight lost

***Be cautious about overdrinking, even water and sports drinks.** Too much can lead to hyponatremia, or an abnormally low sodium level in the blood. Hyponatremia is common among recreational athletes who think they need to drink more but who actually have a lower work output and sweat rate than competitive athletes

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.