

# San Ramon Valley Unified School District

**JUNE 2010**

Whenever Theodore and his friends are rollerblading, skateboarding, or running, they make sure they bring bottles of water to drink so their bodies keep hydrated. Theodore knows when you are exercising or in hot weather, it's important to drink plenty of fluids. If you don't, you could feel groggy or sick. So whatever you do, before you feel thirsty, take in fluids and your body will stay hydrated.



Monday	Tuesday	Wednesday	Thursday	Friday
31 <b>HOLIDAY</b>	Tony's Pizza (V) Meatloaf Sandwich Mini Twin Cheeseburger  *Fruit & Veggie Bar 1% White or Non Fat Choc Milk	<b>Chicken Nuggets W/ Whole Wheat Roll</b> Mac & Cheese (V) BBQ Beef Rib Sandwich  *Fruit & Veggie Bar 1% White or Non Fat Choc Milk	<b>Turkey Hotdog on a Bun W/ Potato Wedges</b> Chicken Teryaki W/ Brown rice Eggroll W/ Brown Rice  *Fruit & Veggie Bar 1% White or Non Fat Choc Milk	French Toast Sticks W/ Egg or Turkey Sausage Fish Nuggets W/ Tater Tots Lead Special  *Fruit & Veggie Bar 1% White or Non Fat Choc Milk
<b>Chicken Patty on a Whole Wheat Bun</b> Pizza (V) Chicken Taquitos W/ Spanish Rice  *Fruit & Veggie Bar 1% White or Non Fat Choc Milk	Chicken Nuggets W/ Whole Wheat Roll Cheese Quesadilla (V) Whole Grain Corndog  *Fruit & Veggie Bar 1% White or Non Fat Choc Milk	<b>Grilled Cheese on Whole Wheat Bread W/ Graham Crackers</b> Cheese Enchilada (V) Popcorn Chicken W/ Whole Wheat Roll *Fruit & Veggie Bar 1% White or Non Fat Choc Milk	<b>LAST DAY OF SCHOOL NO LUNCH SERVED</b>	

The School Lunch Program is operated in accordance with the U.S. Department of Agriculture policy, which does not permit discrimination because of race, color, sex, age, handicap, or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250. Food service provided by Chartwells School Dining Services.

Menu Subject to Change Without Notice

\*Fresh Fruit and Vegetables Bar Offered Daily Featuring:  
 Fresh Salad Greens  
 Canned fruit  
 Baby Carrots  
 Raisins  
 Fresh Fruit Of The Day  
 Fresh Veggie Of The Day

You may qualify for free or reduced price meals. Applications are available at all schools and the district office. For questions regarding the food service program you can call the Child Nutrition office at (925) 824.1809.

**Lunch:**  
**Price: \$3.50 paid, \$0.40 reduced\*, free\* (\*if qualified), \$4.25 adult**



Balanced Choice Meals are combinations that are promoted as complete meals, exceed USDA meal standards and include one full serving of vegetables and at least one full serving of fruit

Milk- All milk served in our cafeterias is hormone free

### Tips to keep children hydrated during warm summer months:

- "Water breaks" before, during and after physical activities are a necessity.
- Serve water or low-fat milk with every meal to ensure a steady flow of hydration throughout the day.
- Have water coolers or water bottles readily available and accessible during summer months.
- Vegetables such as lettuce, celery and cucumbers contain lots of water, as do fruits such as grapes, cantaloupe and grapefruit.
- Serve watermelon slices or orange segments after physical activity as a refreshing, delicious way to replenish lost fluids and electrolytes.
- Avoid serving children sugary, carbonated or caffeinated beverages, as they only serve to further dehydrate active bodies.



Source: [www.mayoclinic.com](http://www.mayoclinic.com), [www.mysummercamps.com](http://www.mysummercamps.com)