

King's Way Learning Center Breakfast & Snack

June 2008

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
BREAKFAST 2 Cheerios & Berry Berry Kixs Fruit and Milk AM SNACK Soft Pretzel & Cheese Sauce with Milk PM SNACK Biscuit & Jelly <i>Apple Juice</i>	BREAKFAST 3 Ham, Egg & Cheese Bar Fruit and Milk AM SNACK Scones with Fruit and Water PM SNACK Cheese and Crackers <i>Orange Juice</i>	BREAKFAST 4 Buttermilk Pancakes Fruit and Milk AM SNACK Honey-nut Cheerios with Milk PM SNACK Cucumbers, Dip & Animal Crackers <i>Grape Juice</i>	BREAKFAST 5 Biscuit & Jelly Fruit and Milk AM SNACK Strawberry Cereal Bar with Milk PM SNACK Graham Crackers & Fruit <i>Apple Juice</i>	BREAKFAST 6 Breakfast Pizza Fruit and Milk AM SNACK English Muffin & Jelly with Milk PM SNACK Trail Mix and Fruit <i>Orange Juice</i>
BREAKFAST 9 Reduced Sugar Trix & Kixs Fruit and Milk AM SNACK Yogurt and Granola with Water PM SNACK String Cheese & Breadstick <i>Grape Juice</i>	BREAKFAST 10 Breakfast Bagel Fruit and Milk AM SNACK Banana Muffin with Milk PM SNACK Ritz Cracker & Peanut Butter <i>Apple Juice</i>	BREAKFAST 11 French Toast Sticks Fruit and Milk AM SNACK Giant Goldfish Cracker with Milk PM SNACK Tortilla Chips & Mild Salsa <i>Orange Juice</i>	BREAKFAST 12 Biscuit Egg & Cheese Fruit and Milk AM SNACK Scrambles Egg with Milk PM SNACK Granola Bar and Fruit <i>Grape Juice</i>	BREAKFAST 13 <i>Breakfast on a Stick</i> Fruit and Milk AM SNACK Bagelette & Cream Cheese with Milk PM SNACK 1/2 PB & J Sandwich <i>Apple Juice</i>

Monday	Tuesday	Wednesday	Thursday	Friday
16	17	18	19	20

Summer Vacation

How much water should you drink each day?

Hydration



How much water should you drink each day?

This is a simple question with no easy answer. Studies have produced varying recommendations over the years, but in truth, your water needs depend on many factors, including your health, how active you are and where you live. Though no single formula fits everyone, knowing more about your body's need for fluids will help you estimate how much water to drink each day.

Water is your body's principal chemical component, comprising, on average, 60 percent of your weight. Every system in your body depends on water. For example, water flushes toxins out of vital organs, carries nutrients to your cells and provides a moist environment for ear, nose and throat tissues. Lack of water can lead to dehydration, a condition that occurs when you don't have enough water in your body to carry out normal functions.

The American Medical Athletic Association recommends that children consume 4-8 ounces of fluid before physical activity, 5-9 ounces every 20 minutes during activity, and an additional 24 ounces within two hours after activity.

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, www.mysummercamps.com

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