

King's Way Learning Center Lunch

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
Brunch Lunch! ² French Toast Sticks with Sizzling Sausage and Tater Triangles Milk	Dippin' Dippers ³ Beef Teriyaki Dippers & Fluffy White Rice with Sweet Corn and Apple Sauce Milk	Taco Day! ⁴ Beef Soft Tacos with Green Beans and Fresh Cantaloupe Milk	Awesome ⁵ Turkey Sub Sandwich with Coin Carrots and Pears Milk	Pasta Friday ⁶ Cheese Ravioli in Marinara Sauce with Soft Garlic Bread Stick and Peaches Milk
Favorite ⁹ Chicken Nuggets with Mixed Veggies and Mixed Fruit Milk	Yummy! ¹⁰ Beef Hamburger on a Whole Wheat Bun with Sweet Corn and Mandarin Oranges Milk	Tasty ¹¹ Mini Corn Dogs with Green Beans and Warm Spiced Apples Milk	Pizza! ¹² Cheese Pizza with Coin Carrots and Fresh Grapes Milk	¹³ <i>Remember Dad on Sunday</i> Fun Fish Shapes & Tartar Sauce with Mixed Veggies and Pears
Monday	Tuesday	Wednesday	Thursday	Friday
¹⁶	¹⁷	¹⁸	¹⁹	²⁰
<h1>Summer Vacation</h1>				

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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