

Sports Drinks and Kids

Pre-adolescent children can become dehydrated faster than adults or teenagers for several reasons:

- 1) Children do not tolerate temperature extremes well.
- 2) Children sweat less.
- 3) Children get hotter during exercise.
- 4) Children have a lower cardiac output (they pump less blood through the heart over a period of time compared to adults).

All of these factors increase the risk of dehydration in children. Therefore, fluids play a critical role in maintaining the health and optimal performance of active children.

Children who are active during an average school day or who engage in activity less than one hour can typically re-hydrate easily with water. Children who are vigorously active for more than one hour and/or who sweat profusely may benefit from a sports beverage to help replace lost minerals and calories.

Many kids like sports drinks because of the flavor; however, you can also make your own healthy version of a sports drink by mixing together 50/50 your child's favorite 100% juice with water. Be sure not to add more than 50%, as juice or the child may complain of stomach cramps.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

www.liftoffsplyground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Times Safford Middle: 7 am - 9: am Ruth Powell: 7 am - 8 am	May 31 Scrambled Eggs or Cereal Toast, Jelly Fruit, Milk	June 1 Sausage & Cheese Bagel Sandwich or Cereal Fruit, Milk	June 2 Breakfast Pizza or Cereal Fruit, Milk	June 3 Pancakes, Syrup or Cereal Sausage Patty Fruit, Milk
June 6 Breakfast Burrito or Cereal Fruit, Milk	June 7 Scrambled Eggs or Cereal Toast, Jelly Fruit, Milk	June 8 Sausage & Cheese English Muffin or Cereal Fruit, Milk	June 9 Breakfast Pizza or Cereal Fruit, Milk	June 10 Waffles, Syrup or Cereal Sausage Patty Fruit, Milk
June 13 Breakfast Burrito or Cereal Fruit, Milk	June 14 Scrambled Eggs or Cereal Toast, Jelly Fruit, Milk	June 15 Sausage & Cheese Bagel Sandwich or Cereal Fruit, Milk	June 16 Breakfast Pizza or Cereal Fruit, Milk	June 17 French Toast, Syrup or Cereal Sausage Patty Fruit, Milk
June 20 Breakfast Burrito or Cereal Fruit, Milk	June 21 Scrambled Eggs or Cereal Toast, Jelly Fruit, Milk	June 22 Sausage & Cheese English Muffin or Cereal Fruit, Milk	June 23 Breakfast Pizza or Cereal Fruit, Milk	June 24 Pancakes, Syrup or Cereal Sausage Patty Fruit, Milk
June 27 Breakfast Burrito or Cereal Fruit, Milk	June 28 Scrambled Eggs or Cereal Toast, Jelly Fruit, Milk	June 29 Sausage & Cheese Bagel Sandwich or Cereal Fruit, Milk	June 30 Breakfast Pizza or Cereal Fruit, Milk	July 1 Pancakes, Syrup or Cereal Sausage Patty Fruit, Milk

Fresh Pick Recipe

WATERMELON SALSA

- 2 c Watermelon (medium dice)
- 1 c Cucumber (medium dice)
- ¼ c Pineapple (medium dice)
- ¼ c Onion (small dice)
- 1 Jalapeno pepper (minced)
- 2 T Lime Juice
- 1 T Orange juice
- 1 T Honey
- Salt and pepper to taste

1. Prepare all ingredients as directed.
2. In medium bowl mix all ingredients together.
3. This dish can be served with baked corn chips or grilled meats.

Breakfast and Lunch are offer vs. serve: Must take 3 components and one must be a fruit or a vegetable.