


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Bfast: Yogurt Parfait 1 Lunch: Chicken Tetrazzini PBJ
Bfast: Bagel w/Cream Ch. 4 Lunch: Spaghetti PBJ	Bfast: Breakfast Burrito 5 Lunch: Chicken A La King PBJ	Bfast: Muffin & Fruit 6 Lunch: Pizza (Cheese or Pepperoni) PBJ	Bfast: Breakfast Burrito 7 Lunch: Bean & Cheese Burrito PBJ	Bfast: Muffin & Fruit 8 Lunch: Hot Dogs PBJ
11	12	13	14	15
ENJOY YOUR SUMMER!!				
18	19	20	21	22
	First Day of Summer Camp Ask at the office or check the website for more information			
25	26	27	28	29

NUTRITION TIP: Hydration Tips for Athletes

- Only a 2% (3-lb loss for a 150-lb athlete) weight loss during exercise can reduce your performance.¹
- When you get thirsty you are already dehydrated. Try to drink every 15 minutes of exercise.²

School Information:

- Please make checks payable to FRCS
- Breakfast \$1.75 / Lunch \$2.75