

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Bfast: Muffin 1 Lunch: Turkey & Cheese Sandwich PBJ	Bfast: Yogurt Parfait 2 Lunch: Chicken Fajitas PBJ	Bfast: Muffin 3 Lunch: Hamburger Macaroni PBJ	Bfast: Yogurt Parfait 4 Lunch: Chicken Tetrizzini PBJ
Bfast: Bagel w/Cream Ch. 7 Lunch: Soft Taco PBJ	Bfast: Muffin 8 Lunch: Turkey & Cheese Sandwich PBJ	Bfast: Yogurt Parfait 9 Lunch: Chicken Fajitas PBJ	Bfast: Muffin 10 Lunch: Hamburger Macaroni PBJ	Bfast: Yogurt Parfait 11 Lunch: Chicken Tetrizzini PBJ
Bfast: Bagel w/Cream Ch. 14 Lunch: Soft Taco PBJ	Bfast: Muffin 15 Lunch: Turkey & Cheese Sandwich PBJ	Bfast: Yogurt Parfait 16 Lunch: Chicken Fajitas PBJ	Bfast: Muffin 17 Lunch: Hamburger Macaroni PBJ	Bfast: Yogurt Parfait 18 Lunch: Chicken Tetrizzini PBJ
Bfast: Bagel w/Cream Ch. 21 Lunch: Soft Taco PBJ	Bfast: Muffin 22 Lunch: Turkey & Cheese Sandwich PBJ	Bfast: Yogurt Parfait 23 Lunch: Chicken Fajitas PBJ	Bfast: Muffin 24 Lunch: Hamburger Macaroni PBJ	Bfast: Yogurt Parfait 25 Lunch: Chicken Tetrizzini PBJ
No School 28	Bfast: Muffin 29 Lunch: Turkey & Cheese Sandwich PBJ	Bfast: Yogurt Parfait 30 Lunch: Chicken Fajitas PBJ	Bfast: Muffin 31 Lunch: PBJ ONLY	

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.*
- When you get thirsty you are already dehydrated. Try to drink every 15 minutes of exercise.†

School Information:

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