



# SEPTEMBER BREAKFAST



		<b>Thursday – 9/1</b> Grape Juice String Cheese Oatmeal French Toast Sticks & Pancake Syrup Raisins
<b>Tuesday – 9/6</b> <b>NO BREAKFAST DELIVERY</b> 	<b>Wednesday – 9/7</b> Apple Juice Oatmeal Raisins Whole Wheat Bagel & Peanut Butter	<b>Thursday – 9/8</b> Orange Juice Turkey Sausage Biscuit Swiss Cheese Bran Flakes Cereal
<b>Tuesday – 9/13</b> Grape Juice Oatmeal String Cheese Pancakes (2) & Pancake Syrup	<b>Wednesday – 9/14</b> Orange Juice Cheese Omelet Fig Bar Strawberry Craisins	<b>Thursday – 9/15</b> Cranberry Juice Bran Flakes Cereal Whole Wheat Bagel & Peanut Butter Tropical Fruit
<b>Tuesday – 9/20</b> Orange Juice Raisin Bran Cereal Whole Grain Bagel & Peanut Butter Fresh Fruit	<b>Wednesday – 9/21</b> Cranberry Juice Oatmeal Wheat English Muffin Egg Patty & Cheddar Cheese Fresh Fruit	<b>Thursday – 9/22</b> Grape Juice Turkey Sausage Patty w/ Swiss Cheese Whole Wheat Sandwich Thin Strawberry Craisins Graham Crackers
<b>Tuesday – 9/27</b> Orange Juice Bran Flakes Cereal Pancakes (2) & Pancake Syrup Turkey Sausage Link Fresh Fruit	<b>Wednesday – 9/28</b> Cranberry Juice Cinnamon Squares Cereal String Cheese Whole Wheat Honey Bun	<b>Thursday – 9/29</b> Grape Juice Oatmeal Banana Chocolate Chip Breakfast Round Hard Boiled Egg

## beat the summer heat



Your body needs hydration to work properly, stay well and perform at its best. All fluids count but water is the best source.

	Calories	Carbohydrates	Sodium
<b>SEPT</b>	<b>Weekly Average</b>	<b>Weekly Average</b>	<b>Weekly Average</b>
Week 1	696	90.3	980
Week 2	699	87.6	974
Week 3	658	92.5	979
Week 4	683	87.3	925
<b>Daily Standard</b>		<b>100 grams</b>	<b>800-1000 mg</b>
<b>Targeted Daily</b>	<b>650-750</b>		

### Estimated Fluid Recommendations Per Day:



### Get 20% of your daily fluid needs from these hydrating foods.

 <b>95-99% water</b>	 <b>90-94% water</b>	 <b>85-89% water</b>	 <b>85-89% water</b>
Cucumber Lettuce Celery	Watermelon Strawberries Cantaloupe Tomatoes	Bell Peppers Cauliflower Cabbage Zucchini	Peaches Oranges Plain Yogurt Grapefruit

## FLOWERS

O D T Z I Z U W A K U E A J N  
 J P P D I Q F W J X S P E G O  
 Y E R N X R M C N O M M G B I  
 Q P N X R P E H R S C T N M T  
 B I V I X J P W O Z F V A N A  
 A S X F L Z E T O I C Y R A N  
 K L Y A D F O D J L X G D Y R  
 O D M E I S N U Z E F S Y Z A  
 Y S I A D N Y L L J F N H H C  
 T O Q L H R E V Z U A Z U B D  
 V U I Q I W U D U S I R I S X  
 R L L Q D F C F R O R C H I D  
 Y M X I P M Y H W A A X Z O O  
 D M Q C P J J T D T G V Z A T  
 G Y V Q U N V B Y Y F C I M T

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|-----------|-----------|
| CARNATION | ORCHID    |
| DAISY     | PEONY     |
| GARDENIA  | ROSE      |
| HYDRANGEA | SUNFLOWER |
| IRIS      | TULIP     |
| LILY      | ZINNIA    |

https://www.healthline.com/nutrition/7-health-benefits-of-water, https://www.healthline.com/nutrition/how-much-water-should-you-drink-per-day, https://www.healthline.com/nutrition/19-hydrating-foods, https://www.healthline.com/nutrition/how-to-drink-more-water, https://www.ncoa.org/article/10-reasons-why-hydration-is-important, https://www.cdc.gov/healthyschools/healthy-eating/water-and-healthier-drinks.html?CDC\_AA\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fhealthyschools%2Fdrinking%2Fnutrition%2Findex.html

