


**Why is Good Nutrition
essential for Competitive Sports?**

**August 2018
Crusader Café**

- 1. Delays Fatigue
- 2. Improves Skill & Focus
- 3. Prevents Injury/Illness
- 4. Helps Athletes attain Fitness & Training goals

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
				
6	7	8	9	10
13	14	15	16	17
		Feast of the Assumption	FRESHMEN - First Day!	Shrimp Poppers Corn Mashed Potatoes Fruit Cup <i>Chicken Ranch</i>
20	21	22	23	24
Chicken Tenders Mashed Potatoes Corn Wheat Roll Fruit Cup <i>Southwest Chicken</i>	Cheese Filled Breadsticks Marinara Sauce Caesar Salad Bean Salad Fruit Cup <i>Grilled Italian</i>	Turkey on Focaccia Spicy Spuds Cucumber Salad Fruit Cup <i>BBQ Rib/Beef Burrito</i>	Chicken Alfredo Broccoli Fruit Cup <i>Chicken Fried Steak</i>	Frito Chili Pie Red Pepper & Carrots Chunky Tomato Salsa Fruit Cup <i>Buffalo Chicken</i>
27	28	29	30	31
Italian Baked Chicken Roasted Green Beans Garlic Mashed Potatoes Wheat Roll Fruit Cup <i>Chicken Fried Steak</i>	Taco Salad Bowl Baby Carrots Cilantro Rice Refried Beans Fruit Cup <i>Meatball Sub</i>	Oriental Sesame Chicken Salad Wheat Roll Pork Eggroll Fruit Cup <i>Turkey Bacon Melt</i>	Wing Fling Soft Pretzel Potato Cakes/Baked Beans Corn on the Cob Fruit Cup <i>Philly Cheesesteak</i>	Stuffed Crust Pizza Tossed Salad Carrots Fruit Cup <i>Buffalo Chicken</i>

Deli Sandwiches & Burgers are offered every day! Please select Fruit & Vegetables to make it a balanced meal!

"USDA is an equal opportunity provider and employer."