

July 2021 Lunch Specials

SUNDAY

MEATLESS MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	<p>Everything is priced a la carte Entrees in Green are Vegan Breakfast is served 7:30-10am Lunch is served 11:30-2pm Dinner is served 5-7pm</p> 		<p>A La Carte Entrée.....\$5.98 Vegan Entrée \$4.25 Starch.....\$1.50 Vegetable...\$1.50 Sandwich...\$5.45</p>	<p>1 Flank Steak Portabella Steak Baked Potato Grilled Peach Salad Turkey Avocado</p>	<p>2 Oven Fried Chicken Chickpea Patty Macaroni & Cheese Creamed Spinach Turkey Reuben</p>	<p>3 Shepard's Pie Corn Bread Quinoa Kale Salad</p>
<p>4 BBQ Ribs Corn Bread Coleslaw </p>	<p>5 Ahi Tuna Steak Quinoa Patty Wild Rice Spicy Edamame Mushroom Quesadilla</p>	<p>6 Enchilada Casserole Vegan Enchilada Casserole Refried Beans Spinach Soufflé Ham & Chz Panini</p>	<p>7 Gyro Hummus Platter Greek Couscous Fattoush Salad Greek Tuna Wrap</p>	<p>8 Buffalo Chicken Salad Vegan Buffalo Salad Pasta Salad Corn Soufflé Reuben</p>	<p>9 Chinese Beef with Broccoli Vegan Stir Fry Fried Rice Veggie Egg Roll Club Sandwich</p>	<p>10 Turkey Tacos Spanish Rice Pico de Gallo & Chips</p>
<p>11 Chicken Cordon Bleu Brown Rice Veggie Medley</p>	<p>12 Pozole Vegan Pozole Chips and Salsa Jicama Slaw Portabella Panini</p>	<p>13 Tuna Avocado Boat Vegan Avocado Boat Toasted Croissant Watermelon Salad Chicken Quesadilla</p>	<p>14 Thai Chicken Curry Thai Vegan Curry Naan Flatbread Carrot-Cumin Slaw Italian Sub</p>	<p>15 Turkey Pot Pie Vegan Pot Pie Cheddar Biscuit Spinach Soufflé BLT</p>	<p>16 Burger Bar Vegan Burger Bar Pasta Salad Side Salad Pulled Pork</p>	<p>17 Seasoned Pork Loin Potato Pierogies Garden Salad</p>
<p>18 Chicken Mole Tacos Black Beans & Rice Pico de Gallo with Chips</p>	<p>19 Niçoise Salad Vegan Niçoise French Bread Gazpacho Egg Salad</p>	<p>20 Pollo Asado Seitan Asado Raquelitas Tortillas Pablanos & Onions Turkey & Chz Panini</p>	<p>21 Sausage & Kale Alfredo Vegan Pesto Pasta Corn Bread ½ Sweet Potato Ham & Chz Panini</p>	<p>22 Bento Beef Salad Tofu Bento Salad Soba Noodles Parsley Carrots Tuna Melt</p>	<p>23 Lemon Pepper Tilapia Portabella Steak Hummus and Pita Tabouli Salad Philly Cheesesteak</p>	<p>24 Beef Stroganoff Dinner Rolls Sautéed Kale & Mushrooms</p>
<p>25 Alaskan Sole Wild Rice Steamed Broccoli</p>	<p>26 Cobb Salad Vegan Cobb Israeli Couscous Watermelon Radish Salad Crab Cake</p>	<p>27 Carnitas Burrito Bowl Vegan Burrito Bowl Rice and Beans Chips & Guacamole Buffalo Chicken Sandwich w/ Swiss</p>	<p>28 Greek Turkey Burger Greek Portabella Burger Orzo Salad Greek Salad Chicken Quesadilla</p>	<p>29 Chicken Parmesan Eggplant Parmesan Bread Sticks Green Beans Meatball Sub</p>	<p>30 French Dip Stuffed Acorn Squash Potato Wedges Coleslaw Chicken Salad</p>	<p>31 Shrimp Fajitas Refried Beans Sautéed Peppers</p>



Vitamin Needs of Athletes

Reviewed by Sarah Klemm, RDN, CD, LDN Reviewed June 2021



Vitamins and minerals, also known as micronutrients, are crucial for a variety of activities in the body such as turning food into energy and keeping bones healthy. They also may affect how well the body performs. Although some research suggests high activity levels in athletes may increase their vitamin and mineral needs, there are no official guidelines for micronutrient recommendations specific to athletes at this time. For more individualized nutrition needs, meet with a registered dietitian nutritionist who specializes in sports nutrition to help determine your vitamin and mineral needs.

While vitamin and mineral supplements may not enhance your performance, a deficiency is likely to damage it. Here's a review of some important nutrients and their food sources to help keep you at the top of your game:

Energy Production

A variety of vitamins are needed in metabolism. These help to break down food from bigger nutrients, such as carbohydrates and fatty acids, into smaller units the body can use to turn food into fuel.

Thiamin Thiamin is important to several metabolic pathways, such as the breakdown of carbohydrates and branched-chain amino acids. Good sources: Whole or fortified grain products, pork and black beans

Niacin Having too little or too much niacin can result in unpleasant and even dangerous side effects such as diarrhea, dementia, rashes and liver damage. Choose food sources before supplements. Good sources: Poultry, peanuts, fish, brown rice and enriched grains

Vitamin B6 Involved in nearly 100 metabolic pathways, vitamin B6 is essential to the breakdown of foods. Good sources: Poultry, pistachios, chickpeas, lentils, pork, bananas and tuna

Performance Enhancement

The following vitamins and minerals often are taken for performance enhancement or to make up for missing nutrients on a restricted diet. Try focusing on food sources first, as high doses of some supplements may result in side effects such as constipation, bone damage and kidney stones.

Vitamin B12 B12 is found naturally in animal products, putting vegan and vegetarian athletes at risk for a deficiency. Fortified foods including breakfast cereals, nutritional yeast and plant-based meat alternatives provide vitamin B12. Be sure to read the food label as not all these foods are fortified. Taking a B12 supplement may also be needed but check with a health care provider first. Good sources: Seafood, meats, milk and cheese, eggs and fortified breakfast cereals

Iron Iron is essential for oxygen transportation, traveling in blood throughout the body. Not having enough iron in the body may cause fatigue and impact physical performance. Exercise may cause some iron losses or decreased absorption. Good Sources: Oysters, turkey breast, fortified breakfast cereals, beef, beans and spinach

Vitamin A Well-known for its role in vision, vitamin A also may act as an antioxidant. Excess amounts from supplements can have toxic effects, though, so check with a health care provider before taking. Good Sources: Sweet potato, carrot, pumpkin, collard greens, spinach and some types of cheese

Bone Health

Running, jumping and acrobatics – intense physical activity puts stress on bones and joints. Some vitamins and minerals promote bone health.

Vitamin D Vitamin D can be absorbed from exposure to sunlight, however, the season, time of day, cloud coverage, as well as an individual's geographic location and skin color all can affect how well vitamin D is absorbed from ultraviolet light. Good sources: Fortified milk and soymilk, cod-liver oil, fatty fish and mushrooms exposed to UV light

Calcium In addition to bone health, calcium is important for nerve function and the release of hormones. Good sources: Milk, cheese, fortified 100% fruit juices and soymilk, and collard greens

A Note on Salt Sodium and chloride are two essential minerals that often are found together as table salt. They also make a frequent appearance in sports drinks. An average diet typically provides enough sodium to prevent deficiency but athletes that lose four liters or more of sweat in a day (about two pounds) are at increased risk for sodium depletion. Weighing yourself before and after training sessions and events can help determine how much fluid you may be losing but it's preferable to stay hydrated throughout your activity. A sports drink may be appropriate if you are losing lots of fluids or physically active for more than 2 hours.