



# September 2024 Lunch Specials



SUNDAY	 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Shrimp Ceviche Oat Muffin Spinach Salad	2  BBQ Chicken Breast Chickpea Patty Baked Beans Coleslaw  Chili Dog	3 Turkey Taco Salad Vegan Taco Salad Spanish Rice Guacamole & Chips  Philly Cheesesteak	4 Tuna Avocado Boats Vegan Avocado Boats Toasted Croissant Watermelon Salad  Egg Salad Sandwich	5 Buffalo Chicken Salad Vegan Buffalo Salad Pasta Salad Tomato Basil Soup  Turkey Avocado Wrap	6 Spaghetti Bolognese Vegan Bolognese Garlic Bread Side Salad  Reuben	7 Polish Kielbasa Potato Pierogies Sautéed Peppers & Sauerkraut
8 Enchilada Casserole Spanish Rice Sautéed Spinach	9 Baja Fish Tacos Baja Vegan Tacos Refried Beans Spicy Cole Slaw  Chicken Caesar Wrap	10 French Dip Vegan Mushroom French Dip Potato Wedges Coleslaw  Club Sandwich	11 Sausage & Kale Alfredo Vegan Sausage & Kale Pesto Pasta Sweet Potato Arugula Salad  Turkey Reuben	12 Gyro Chickpea Falafel Greek Orzo Baba Ganoush with Pita  Turkey & Chz Panini	13 Butter Chicken & Rice Vegan Curry & Rice Naan Flatbread Carrot-Cumin Slaw  Hot Roast Beef	14 Pork Lettuce Wraps Fried Rice Spring Rolls
15 Meatloaf Mashed Potatoes Sautéed Zucchini	16 Cobb Salad Vegan Cobb Quinoa & Rice Pasta Salad  Greek Tuna Wrap	17 Steak Tacos Vegan Chorizo Tacos Spanish Rice Chips & Salsa  Ham & Chz Panini	18 Turkey Pot Pie Vegan Pot Pie Cheddar Biscuit Roasted Carrots  Reuben	19 Chicken Parnesan Eggplant Parnesan Garlic Bread Garlic Parnesan Cauliflower  Meatball Sub	20 Salmon Caesar Salad Vegan Caesar Salad Warm Bread Watermelon Mint Salad  BLT	21 Burger Bar Pasta Salad Side Salad
22 BBQ Chicken Baked Beans Corn on the Cobb	23 Arturo's Kale Salad Arturo's Vegan Kale Salad Corn Bread Tomato Basil Soup  Portabella Panini	24 Carnitas Burrito Bowl Vegan Burrito Bowl Rice and Beans Chips & Guacamole  Buffalo Chicken Sandwich	25 Crispy Chicken Sandwich Meatless Chik'n Sandwich Macaroni & Cheese Creamed Spinach  Italian Sub	26 Greek Turkey Burger Greek Portabella Burger Orzo Salad Greek Salad  Turkey Bacon Wrap	27 Bento Beef Salad Tofu Bento Salad Soba Noodles Peas & Carrots  Club Sandwich	28 Niçoise Salad French Bread Gazpacho
29 Lemon Caper Chicken Steamed Rice Green Beans	30 Pozole Vegan Pozole Chips and Salsa Jicama Slaw  Mushroom Quesadilla	<u>A La Carte</u> Entrée.....\$5.98 Vegan Entrée...\$4.25 Starch.....\$1.50 Vegetable.....\$1.50  Sandwich.....\$5.45		Did you know? <ul style="list-style-type: none"> <li>• Entrées in GREEN are Vegan or Vegetarian</li> <li>• Everything is priced a la carte</li> <li>• Breakfast is served 7:30-10am</li> <li>• Lunch is served 11:30-2pm</li> <li>• Dinner is served 5-7pm</li> </ul> 		

# Timing Your Pre- and Post-Workout Nutrition

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Pierre-Luc Bernier /PLB Photo

One of the most common questions for sports dietitians: "What should I eat before and after a workout?"

Sometimes the answer depends more on the athlete and the specific activity, but there are some common truths that apply for pre- and post-workout nutrition, whether you're a weekend warrior or a seasoned veteran.

**Don't Skip the Carbs** Carbohydrates are fuel for your "engine" (i.e., your muscles). The harder your engine is working, the more carbs you need to keep going.

You may be wondering — how soon before a workout should I eat? It depends.

As a general rule of thumb, it's best not to eat immediately before a workout because while your muscles are trying to do their "thing," your stomach is trying to simultaneously digest the food in your stomach. These competing demands are a challenge for optimal performance. And, even more of a factor, eating too close to a workout may cause you to experience some GI discomfort while you train or play.

Ideally, you should fuel your body about one to four hours pre-workout, depending on how your body tolerates food. Experiment and see what time frame works best for your body. If you're a competitive athlete, this is something you need to explore during your training days and not during game day.

Here are some suggestions for pre-workout fuel:

- A peanut butter and banana or PBJ sandwich
- Greek yogurt with berries
- Oatmeal with low-fat milk and fruit
- Apple and peanut or almond butter
- Handful of nuts and raisins (two parts raisins: one part nuts)

Notice that each of these suggestions include some protein as well as carbohydrates. Carbs are the fuel. Protein is what rebuilds and repairs, but also "primes the pump" to make the right amino acids available for your muscles. Getting protein and carbs into your system is even more vital post workout.

**Post Workout Nutrition** Your body uses stored energy (glycogen) in your muscles to power through your workout or game, but after that workout, you need to replenish the nutrients lost. What to do? After a competition or workout, focus on getting carbs and protein into your body. This gives your muscles the ability to replenish the glycogen they just lost through training and helps your tired muscles rebuild and repair with the available protein and amino acids. Try to eat within an hour of completing an intense workout.

Post-workout meals include:

- Post-workout recovery smoothie (or post-workout smoothie made with low-fat milk and fruit)
- Low-fat chocolate milk
- Turkey on a whole-grain wrap with veggies
- Low-fat yogurt with berries

The above offer mainly carbs, some protein and are convenient — with the first two liquid options also helping to rehydrate the body.

## Take Home Points

- Your body needs carbs to fuel your working muscles.
- Protein is there to help build and repair.
- Get a combination of the protein and carbs in your body one to four hours pre-workout and within approximately 60 minutes post-workout.
- Never try *anything* new on race or gameday — it's always best to experiment during training to learn what works best for your body.