May 2019

BONIFAY K – 8





SERVED DAILY: MILK, FRUIT AND CONDIMENTS AS NEEDED.



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.Physical activity should be fun and offer variety.

Monday	Tuesday	Wednesday	Thursday	Friday
		FREEZER CLEAN OUT 1	FREEZER CLEAN OUT 2	FREEZER CLEAN OUT 3
FREEZER CLEAN OUT 6	FREEZER CLEAN OUT 7	FREEZER CLEAN OUT 8	FREEZER CLEAN OUT 9	FREEZER CLEAN OUT 10
FREEZER CLEAN OUT 13	FREEZER CLEAN OUT 14	FREEZER CLEAN OUT 15	FREEZER CLEAN OUT 16	FREEZER CLEAN OUT 17
FREEZER CLEAN OUT 20	FREEZER CLEAN OUT 21	FREEZER CLEAN OUT 22	FREEZER CLEAN OUT 23	EARLY RELEASE! FREEZER CLEAN OUT LAST DAY OF SCHOOL
NO SCHOOL 27	NO SCHOOL 28	NO SCHOOL 29	NO SCHOOL 30	NO SCHOOL 31