

# May 2019

## BONIFAY K – 8

### BREAKFAST



**SERVED DAILY: MILK, FRUIT, ORANGE JUICE AND CONDIMENTS AS NEEDED.**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday



### Tuesday



### Wednesday

### Thursday

### Friday

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

24

Type your text here

27

Type your text here

28

Type your text here

29

Type your text here

30

Type your text here

31