

Supper Menu



Monday	Tuesday	Wednesday	Thursday
3 Pizza Fruit Juice Milk	4 Wraps with Chips Fruit Juice Milk	5 Corn Dog with Chips Fruit Juice Milk	6 Burrito Homemade Salsa Fruit Juice Milk
10 Pizza Fruit Juice Milk	11 Sandwich with Chips Fruit Juice Milk	12 Hot Dog with Chips Fruit Juice Milk	13 Nachos Homemade Salsa Fruit Juice Milk
17 <i>Enjoy Your Day Off!</i>	18 Wraps with Chips Fruit Juice Milk	19 Corn Dog with Chips Fruit Juice Milk	20 Burrito Homemade Salsa Fruit Juice Milk
24 Pizza Fruit Juice Milk	25 Sandwich with Chips Fruit Juice Milk	26 Hot Dog with Chips Fruit Juice Milk	27 Nachos Homemade Salsa Fruit Juice Milk

Ways Physical Activity Can Change Your Day

1. Sleep tight: being physically active can help you improve your sleep.
2. Improve your mood: Physical activity can give you a better attitude and give you an extra energy boost during the day.
3. Fuel your brain: Twenty minutes of physical activity before starting your homework can help you unwind from the day and improve your concentration.
4. Bond with buddies: Engaging in physical activity with your friends is a great way to bond with your friends and to even make new ones.

Every meal includes a choice of milk.