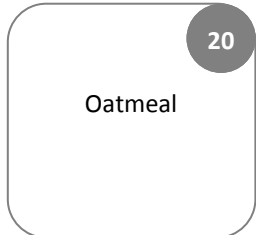
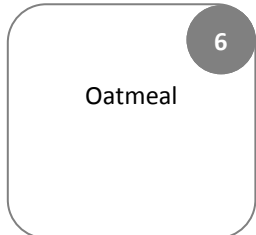
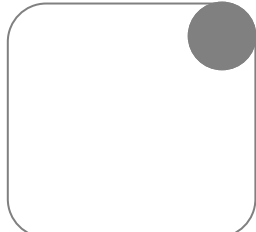


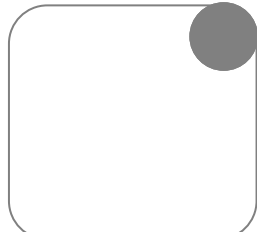
BREAKFAST MENU for all Pre-K to 8th grade schools, plus Brown and Capuano

MAY 2019

MONDAY



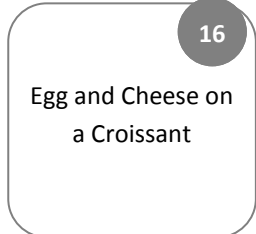
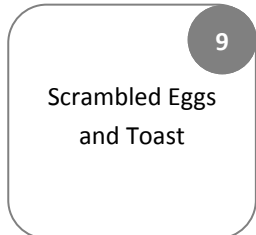
TUESDAY



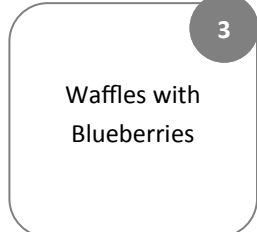
WEDNESDAY



THURSDAY



FRIDAY



May is National Physical Fitness and Sports Month!

Regular physical activity is good for everyone's health and people of all ages and body types can be physically active. National Physical Fitness and Sports Month is a great time to spread the word about the benefits of getting active. Physical activity can improve muscular fitness, bone health, and heart health. After school go for a walk or ride your bike with your family or friends. During recess encourage your friends to play and be active.

Choices available every day:

Assorted low sugar cereals and grahams crackers (3), wheat bagels with low fat cream cheese. Fresh fruit and low-fat 1% or skim white milk daily.

