

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>No School</p>	<p>3</p> <p>Whole Grain Cereal Yogurt Fruit 100% Fruit Juice Milk Choice</p>	<p>4</p> <p>Cream Cheese Bagel Fruit 100% Fruit Juice Milk Choice</p>	<p>5</p> <p>Whole Grain Cereal Yogurt Fruit 100% Fruit Juice Milk Choice</p>	<p>6</p> <p>Whole Grain donut Cheese stick Fruit 100% Fruit Juice Milk Choice</p>
<p>9</p> <p>Muffin Cheese stick Fruit 100% Fruit Juice Milk Choice</p>	<p>10</p> <p>Whole Grain Cereal Yogurt Fruit 100% Fruit Juice Milk Choice</p>	<p>11</p> <p>Breakfast Pizza (new Item) Fruit 100% Fruit Juice Milk Choice</p>	<p>12</p> <p>Whole Grain Cereal Yogurt Fruit 100% Fruit Juice Milk Choice</p>	<p>13</p> <p>Muffin Cheese stick Fruit 100% Fruit Juice Milk Choice</p>
<p>16</p> <p>Muffin Cheese stick Fruit 100% Fruit Juice Milk Choice</p>	<p>17</p> <p>Whole Grain Cereal Yogurt Fruit 100% Fruit Juice Milk Choice</p>	<p>18</p> <p>Cream Cheese Bagel Fruit 100% Fruit Juice Milk Choice</p>	<p>19</p> <p>Whole Grain Cereal Yogurt Fruit 100% Fruit Juice Milk Choice</p>	<p>20</p> <p>Whole Grain donut Cheese stick Fruit 100% Fruit Juice Milk Choice</p>
<p>23</p> <p>Muffin Cheese stick Fruit 100% Fruit Juice Milk Choice</p>	<p>24</p> <p>Whole Grain Cereal Yogurt Fruit 100% Fruit Juice Milk Choice</p>	<p>25</p> <p>Pancake on a Stick Fruit 100% Fruit Juice Milk Choice</p>	<p>26</p> <p>Whole Grain Cereal Yogurt Fruit 100% Fruit Juice Milk Choice</p>	<p>27</p> <p>Muffin Cheese stick Fruit 100% Fruit Juice Milk Choice</p>
<p>30</p> <p>No School</p>				

Physical activity is good for children's bodies. At least 60 minutes of activity a day helps children grow strong bones and muscles, build endurance and maintain a healthy weight. There's mounting evidence that moderate to vigorous physical activity also helps boost children's critical thinking skills, grade point averages and standardized test scores. How can you help your child incorporate more activity into their day and less screen time? Three simple ways: (1) Encouragement. Encourage them to get off that couch and outside to play; (2) Available. Make opportunities for fitness available to them; (3) Visible. Take time to engage in physical activity with your child. When they see you being active, they are more likely to be active themselves. Take advantage of these nice spring days and get out and be active!