

May 2016

BREAKFAST MAKES A DIFFERENCE, CHECK IT OUT!

BREAKFAST



School Information:

No School Breakfast on May 18th.



Fitness Tip: Ways to Increase Physical Activity:

- Play a sport like basketball, softball, or soccer.
- Walk, skate, or cycle more, and drive less.
- Do stretches, exercises, or pedal a stationary bike while watching TV



Monday

Granola Bar
WG Cereal
Banana
Fruit Juice Choice
Milk

2

Tuesday

Pancakes w/Syrup
Sausage Patty
Tropical Fruit
Fruit Juice Choice
Milk

3

Wednesday

WG Cinnamon Roll
WG Cereal
Orange Halves
Fruit Juice Choice
Milk

4

Thursday

Breakfast Pizza
Apple Wedges
Fruit Juice Choice
Milk Choice

5

Friday

MS/HS- Bagel
Cream Cheese
Elem-Pop Tart
WG Cereal
Fruit, Juice, Milk

6

NO SCHOOL

9

WG Cereal
Cheese Stick
Orange
Fruit Juice Choice
Milk

10

WG Muffin
WG Cereal
Apple
Fruit Juice Choice
Milk

11

Pancake On a Stick
Fruit Cocktail
Fruit Juice Choice
Milk

12

Biscuit & Gravy
Apple
Fruit Juice Choice
Milk

13

MS/HS Waffle Sticks
w/Syrup
Diced Peaches
Fruit Juice Choice
Milk

16

Breakfast Cookie
WG Cereal
Fruit
Fruit Juice Choice
Milk

17

Last Day of School
11:00 Dismissal

18

NO BREAKFAST TODAY

Happy Summer Days!

19

Go for a Bike Ride.

20

Read A Book
Write a Story....

23

Breath Deep - Warm
summer air....Ahhhh

24

Plant a Garden or
Just a few seeds.
Don't Forget to Water
them.

25

Fly a Kite...
Watch it Soar!!

26

Walk down the road
Or around the block.
Meet a new friend along
the way!

27

Almost warm enough for
a swim in the pool.
Happy Memorial Day

30

Check out the Salina
Library for books and fun
activities.

31

