

AUGUST 2024



CASCADE PUBLIC SCHOOLS MT DISTRICT 3&B
321 Central Ave. West
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Cascade, MT 59421



Nutrition Tip: Drink water! Sip water or other drinks with few or no calories to stay hydrated and help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.



Reference: USDA MyPlate

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

