



# May 2017

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1 <input type="checkbox"/> Screen-Free Week	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/> Orange Juice Day	5 <input type="checkbox"/>	6 <input type="checkbox"/> No Diet Day
7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 <input type="checkbox"/> Teacher Appreciation Day	10 <input type="checkbox"/> Shrimp Day	11 <input type="checkbox"/>	12 <input type="checkbox"/>	13 <input type="checkbox"/> Fruit Cocktail Day
14 <input type="checkbox"/> Mother's Day Food Allergy Awareness Week	15 <input type="checkbox"/>	16 <input type="checkbox"/>	17 <input type="checkbox"/>	18 <input type="checkbox"/> No Dirty Dishes Day	19 <input type="checkbox"/>	20 <input type="checkbox"/> Quiche Lorraine Day
21 <input type="checkbox"/>	22 <input type="checkbox"/>	23 <input type="checkbox"/>	24 <input type="checkbox"/>	25 <input type="checkbox"/> Brown-Bag-It Day	26 <input type="checkbox"/>	27 <input type="checkbox"/>
28 <input type="checkbox"/> Hamburger Day	29 <input type="checkbox"/> Memorial Day	30 <input type="checkbox"/>	31 <input type="checkbox"/>		<input type="checkbox"/> Track your weekly family meals by checking the box each day your family has a meal together! Remember to aim for at least three meals per week.	
				<b>NDSU</b> EXTENSION SERVICE		

<b>All Month</b> Long	Asparagus Month	Egg Month	Salad Month
	Barbecue Month	Hamburger Month	Salsa Month
	Beef Month	Mediterranean Diet Month	Strawberry Month
	Celiac Awareness Month	Osteoporosis Prevention Month	

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