**Colchester School District Wellness Committee**

**5 A Day the Color Way Week**

**April 11-15th, 2011**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday**  **Red** | **Tuesday**  **Yellow & Orange** | **Wednesday**  **White** | **Thursday**  **Green** | **Friday**  **Blue & Purple** |
| http://www.dreamstime.com/red-fruit-and-vegetables-thumb11983077.jpg | http://healthscienceresearch.com/wp-content/uploads/2010/12/Yellow-orange-fruits-vegetables.png | http://farm4.static.flickr.com/3221/2739063781_58156b8043.jpg | http://images.inmagine.com/img/gourmetimages/une343/u11858756.jpg | http://osunutritionnow.files.wordpress.com/2011/02/purblue.jpg?w=276&h=200 |

**Students and Staff:**

**Promote wellness by wearing the color of the day!**

**See the CSD Nutrition and Food Service menu for extra colorful breakfast and lunch specials!**

[**www.csdvt.org/wellness**](http://www.csdvt.org/wellness)[**www.mypyramid.gov**](http://www.mypyramid.gov)[**www.5aday.org**](http://www.5aday.org)[**www.fruitsandveggiesmorematters.org**](http://www.fruitsandveggiesmorematters.org)[**www.kidshealth.org**](http://www.kidshealth.org)