



Snack Carrot Sticks Hummus Water Snack 1% Or Fat-free Milk Soft Pretzel Snack Pineapple Cubes Yogurt Water  
Lunch/Supper 1% Or Fat-free Milk Roast Pork Corn Bread Roasted Red Potatoes Collard Greens Or Spinach Lu Apr 4th,  
2024DAY 01 DAY 02 DAY 03 DAY 04 DAY 05 - Church Supplies, VBS ...Rome VBS Is Great For Families, With Built-in Family  
Time! #VBStip Overview Teaching Style Music "Holy Land Adventure VBS" PUBLISHER Group Publishing FORMAT A Family  
VBS QUICK FACTS Age Levels All Ages Rome Is Uniquely And Intentionally Designed For Families Of All Ages To Participate  
Together! @ConcordiaSupply TAKE HOME MUSIC Apr 8th, 2024DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 - New York State  
...Triscuits® Cheddar Cheese Water Snack Apple Slices Peanut Butter Water Snack Carrot Sticks Hummus Water Snack 1%  
Or Fat-free Milk Soft Pretzel Snack Pineapple Cubes Yogurt Water Lunch/Supper 1% Or Fat-free Milk Roast Pork Corn Bread  
Roasted Red Potatoes Collard Greens Or Spinach Lunch/Supper 1% Or Fat-free Milk MorningStar® Garden Veggie Apr 8th,  
2024.  
Day 1 Day 2 Day 3 Day 4 Day 5 Rest - The Armstrong WorkoutWorkout Of Days 1 Through 4 Rest 90 Seconds Rest 10  
Seconds For Each Pull-up In Last Set. Rest 60 Seconds Rest 60 Seconds TRACK IT TRACK IT TRACK IT TRACK IT TRACK IT Set  
1 \_\_\_\_ Set 2 \_\_\_\_ Set 3 \_\_\_\_ Set 4 \_\_\_\_ Set 5 \_\_\_\_ Total Pull-ups Per Workout: \_\_\_\_ Make Tick Marks For Each Pull-up,  
Total After Final Max Effort Set. Jan 9th, 2024

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