



Together! @ConcordiaSupply TAKE HOME MUSIC May 4th, 2024 DAY 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 Mar 6th,  
2024 Day 1 Day 2 Day 3 Day 4 Day 5 Rest - The Armstrong Workout Workout 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. Apr 7th, 2024.

DAY 01 DAY 02 DAY 03 DAY 04 DAY 05 - Concordia Supply With God! Along The River, Children Discover That Life With God Is  
An Adventure Full Of Wonder And Surprise, And That They Can Trust God To Be With Them Through Anything. Relevant  
Music, Exciting Science, Creative Crafts Feb 7th, 2024

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