



**TGIF**  
THANKGOODNESSIT'SFISHFRIDAY



*We joined the*

# FISH FRIDAY MOVEMENT

*that's sweeping the nation*

***Because it's the right thing to do for students' health.***

There's nothing more important than the health and well-being of our students. That's why we serve fish every Friday. Seafood has so many health benefits that the USDA recommends eating it twice a week. Our seafood comes from *High Liner Foods*, the same trusted company that makes the Fisher Boy and Sea Cuisine brands you can buy at the grocery store. So join us in making students healthier. Serve seafood at home and encourage your child to try fish on Fridays.

**Find out more about the #TGIF movement at [www.TGIF.org](http://www.TGIF.org)**



**HIGH LINER FOODS**  
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