

menus for

APRIL 2025

This institution is an equal opportunity provider. Menus are subject to change.

STATE OF MIND.

Physical activity isn't just good for your body. Regular exercise has been shown to help guard the mind against depression, too.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, April 7

Breakfast

Cinnamon Roll
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Grilled Cheese
Chicken Noodle Soup
Veggie Sticks w/ Ranch
Fruit & Milk Choice

Tuesday, April 8

Breakfast

Mini Pancakes
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Mexican Pizza
Pinto Beans
Salad w/ Ranch
Fruit & Milk Choice

Wednesday, April 9

Breakfast

Pancake Pup
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Beefy Macaroni
Corn
Salad w/ Ranch
Breadstick
Fruit & Milk Choice

Thursday, April 10

Breakfast

French Toast Sticks
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Hot Dog, French Fries
Carrots w/ Ranch
Fruit & Milk Choice

Friday, April 11

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Manager's Choice
w/
Fruit & Milk Choice

Tuesday, April 1

Breakfast

Sausage Biscuit
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Beef Tacos
Pinto Beans
Let/Tom
Fruit & Milk Choice

Wednesday, April 2

Breakfast

Pop Tart and Yogurt
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Shepherd's Pie
Mixed Vegetables
Mashed Potatoes
Roll
Fruit & Milk Choice

Thursday, April 3

Breakfast

Breakfast Pizza
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
BBQ Pork on a Bun
Broccoli w/ Cheese
Waffle Fries, Coleslaw
Fruit & Milk Choice

Friday, April 4

Breakfast

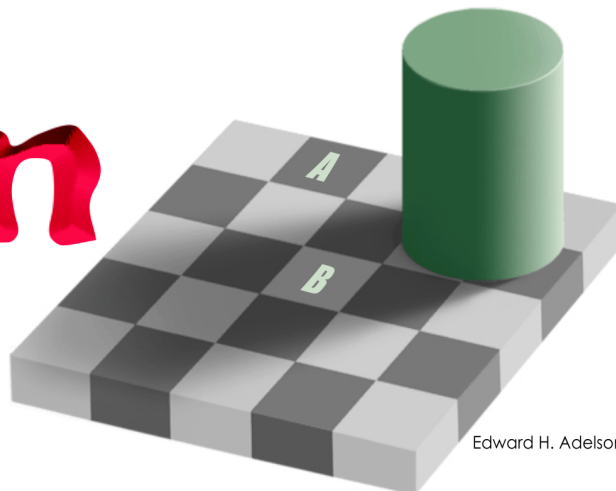
Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Pizza
Corn
Salad w/ Ranch
Fruit & Milk Choice

Only an Illusion

Do you think the two squares labeled A and B are different shades of gray? Guess what? **They're the same color!** If you're interested, you can see proof and learn more by searching on line for "Checkershadow Illusion - MIT".



Edward H. Adelson

NUTRITION TO GO

As a rule, Americans don't eat enough beans! Beans are the best plant source of protein and contain little of the fat and cholesterol that accompany the protein in meat. Beans also provide more fiber than almost any other plant food and nearly as much calcium as milk. Plus, beans' slow release of glucose makes them a superfood for people with diabetes.

A QUICK BITE FOR PARENTS

Monday, April 14

Breakfast

Blueberry Muffin
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Grilled Chicken Sandwich
French Fries, Lettuce and
Tomato
Fruit & Milk Choice

Tuesday, April 15

Breakfast

Sausage Biscuit
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Beef Tacos
Pinto Beans
Let/Tom
Fruit & Milk Choice

Wednesday, April 16

Breakfast

Pop Tart and Yogurt
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Spaghetti w Meat Sauce
Green Beans
Carrots w/ Ranch
Roll
Fruit & Milk Choice

Thursday, April 17

Breakfast

Breakfast Pizza
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Chicken Nuggets
Broccoli w/ Cheese
Roll
Fruit & Milk Choice

Friday, April 18

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

Ham & Cheese Croissant
Carrots w/ ranch
Sun Chips
Fruit & Milk Choice



WHAT I have a head but cannot think.
AM I? I have eyes but cannot see.
I have ears but cannot hear.
I have ribs but no bones.



Answer: I'm a VEGETABLE GARDEN, planted with lettuce (heads), potatoes (eyes), corn (ears), and celery (ribs). YUMMY!

Learn more at www.CHOOSEMYPLATE.gov or
http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Spring Break

Break begins at
the end of classes:
Friday, April 18

Classes resume:
Monday, April 28

Monday, April 28

Breakfast

Cinnamon Roll
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Cheeseburger
Sweet Potato Fries
Lettuce / Tomato / Mayo
Fruit & Milk Choice

Tuesday, April 29

Breakfast

Mini Pancakes
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Walking Taco
Black Beans
Salad w/ Ranch
Fruit & Milk Choice

Wednesday, April 30

Breakfast

Pancake Pup
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Steak & Gravy
Mashed Potatoes
Broccoli w/ Cheese
Roll
Fruit & Milk Choice

★ OUR NATION'S HISTORY ★

Earth Day April 22

Keep it clean

★ WITH LIBERTY & JUSTICE FOR ALL ★

The first Earth Day took place 55 years ago this month on April 22, 1970. Wisconsin Senator Gaylord Nelson, a Democrat, and California Congressman Pete McCloskey, a Republican, co-chaired events at schools, colleges, and parks across the U.S. that drew 20 million Americans outside on a Spring day to make a commitment to care for the environment. Earth Day is now celebrated in nearly 200 nations around the world.