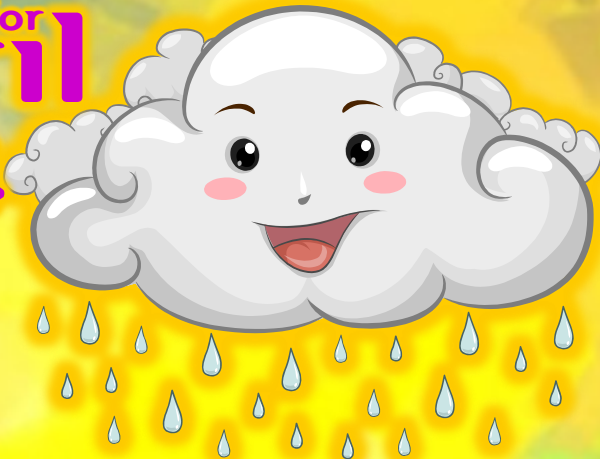


Menus for April 2024

Johnsonville High School



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

WORLD'S GREATEST APRIL FOOLS TRICKS!



On the morning of April 1, 1974, citizens of Sitka, Alaska awoke to find Mount Edgecumbe, the long-dormant volcano that looms over their town, belching black smoke! *Was the volcano suddenly coming to life?! NO!!!* A local prankster and his buddies had helicoptered a bunch of old tires into the crater and then set them ablaze. When a Coast Guard plane flew over the smoldering cauldron, the pilot saw the words "APRIL FOOL" stomped out in the snow!

See the back page for more all-time great pranks!

★ OUR NATION'S HISTORY ★

The Library of Congress was born on April 24, 1800, when President John Adams approved spending \$5,000 for "such books as may be necessary for the use of congress." With this money, 740 books and three maps were purchased to start the collection. The permanent library building wasn't finished until 100 years later – it's shown here under construction in 1893. Today, the Library of Congress holds 110 million books and other items and, with 530 MILES of shelves, is the largest library in the world.

★ WITH LIBERTY & JUSTICE FOR ALL ★

Now Appearing . . .

SPRING BREAK!

A FUN!FUN!FUN! PRODUCTION. STARRING YOU AND YOUR FRIENDS. SPECIAL LIMITED ENGAGEMENT.

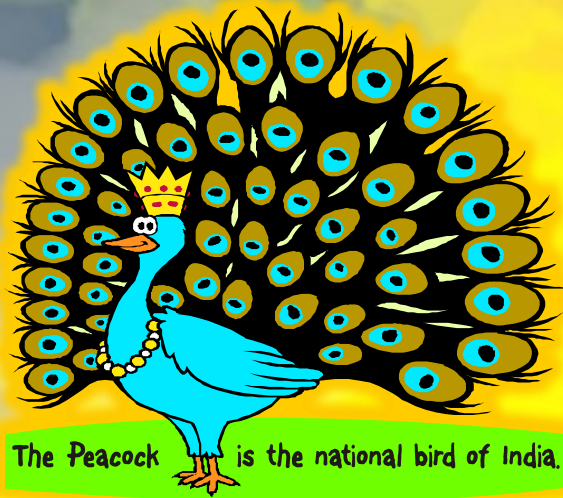
Break begins at the end of classes:

Thursday, March 28

Classes resume:

Monday, April 8

Monday, April 8	Tuesday, April 9	Wednesday, April 10	Thursday, April 11	Friday, April 12
<p>Breakfast Blueberry Muffin Fruit, Juice, & Milk Choice</p>	<p>Breakfast Sausage Biscuit Fruit, Juice, & Milk Choice</p>	<p>Breakfast French Toast Sticks Fruit, Juice, & Milk Choice</p>	<p>Breakfast Pancake Pup Fruit, Juice, & Milk Choice</p>	<p>Breakfast Cereal Bar or Cereal Fruit, Juice, & Milk Choice</p>
<p>Lunch Salad or Pizza or Chicken Nuggets Green Beans, Mac n Cheese, Yams, Roll Salad w/ Ranch Fruit & Milk Choice</p>	<p>Lunch Salad or Pizza or Hamburger Lettuce / Tomato, French Fries, Beans, Fruit & Milk Choice</p>	<p>Lunch Salad or Pizza or Shepherd's Pie Mix Vegetables Steamed Broccoli, Roll Fruit & Milk Choice</p>	<p>Lunch Salad or Pizza or Sausage Biscuit Tomato Slices Cheese Grits Fruit & Milk Choice</p>	<p>Lunch Salad or Pizza or Turkey & Cheese Croissant Beans, Chips, Let/Tom String Cheese Carrots w/ Ranch Fruit & Milk Choice</p>



The Peacock is the national bird of India.

Monday, April 15

Breakfast
Mini Pancakes
Fruit, Juice, & Milk Choice

Lunch
Salad or Pizza
or
Spaghetti and Meat Sauce
Corn
Salad w/ Ranch
Carrots w Ranch
Roll
Fruit & Milk Choice

Tuesday, April 16

Breakfast
Breakfast Pizza,
Fruit, Juice, & Milk Choice

Lunch
Salad or Pizza
or
BBQ Pork on Bun
Beans,
Baby Carrots, Cole Slaw
Fruit & Milk Choice

Wednesday, April 17

Breakfast
Pop Tart and Yogurt
Fruit, Juice, & Milk Choice

Lunch
Salad or Pizza
or
Steak & Gravy, Roll
Mashed Potatoes, Corn,
Broccoli w/ Cheese,
Salad w/ Ranch
Fruit & Milk Choice

Thursday, April 18

Breakfast
Mini Waffles,
Fruit, Juice, & Milk Choice

Lunch
Salad or Pizza
or
Chicken Nuggets
Green Beans, Roll,
Yams, Salad w/ Ranch,
Fruit & Milk Choice

Friday, April 19

Breakfast
Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch
Salad or Pizza
Or
Corn Dog
Smile Fries
Beans
Fruit & Milk Choice



Monday, April 22

Breakfast
Blueberry Muffin
Fruit, Juice, & Milk Choice

Lunch
Salad or Pizza
or
Teriyaki Chicken w/ Rice
Broccoli, Glazed Carrots
Salad w/ Ranch, Roll
Fruit & Milk Choice

Tuesday, April 23

Breakfast
Sausage Biscuit
Fruit, Juice, & Milk Choice

Lunch
Salad or Pizza
or
Chicken Filet Sandwich
Corn, Let/Tom
Salad w/ Ranch
Carrots w/ Ranch
Fruit & Milk Choice

Wednesday, April 24

Breakfast
French Toast Sticks
Fruit, Juice, & Milk Choice

Lunch
Salad or Pizza
or
Beefy Macaroni, Roll
Steamed Broccoli,
Salad w/ Ranch,
Carrots w/ Ranch
Fruit & Milk Choice

Thursday, April 25

Breakfast
Pancake Pup
Fruit, Juice, & Milk Choice

Lunch
Salad or Pizza
or
Chicken Patty
Mashed Potatoes, Pinto
Beans, Roll, Carrots w Ranch
Salad w/ Ranch,
Fruit & Milk Choice

Friday, April 26

Breakfast
Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch
Salad or Pizza
or
Hot Dog
French Fries
Beans,
Salad w/ Ranch
Fruit & Milk Choice

THEREIN

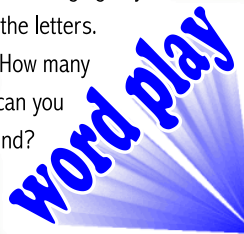
The word "therein" (pronounce it like it's two words, "there" and "in") is special. It's the shortest word in the English

language that contains TEN other smaller words without rearranging any of the letters.

How many can you find?

IO

in, here, he, her, here, herein, ere, re, rein, in



Monday, April 29

Breakfast
Mini Pancakes
Fruit, Juice, & Milk Choice

Lunch
Salad or Pizza
Or
Beef Stroganoff
Salad w/ Ranch
Cucumber Slices, Corn
Roll
Fruit & Milk Choice

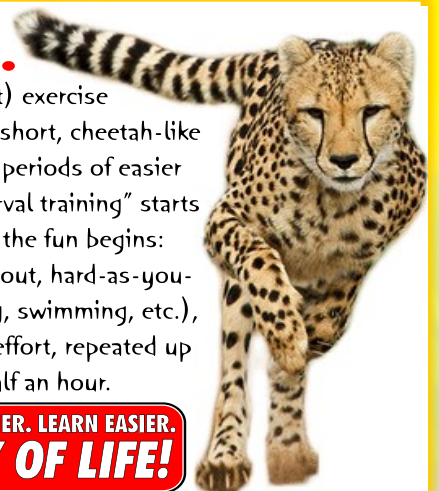
Tuesday, April 30

Breakfast
Breakfast Pizza,
Fruit, Juice, & Milk Choice

Lunch
Salad or Pizza
or
Chicken Filet Sandwich
Corn, Let/Tom
Salad w/ Ranch
Fruit & Milk Choice

INTENSE.

The most effective (and time efficient) exercise for good cardio health is alternating short, cheetah-like bursts of intense activity with longer periods of easier effort. So-called "high intensity interval training" starts with a few minutes of warm-up, then the fun begins: 30-60 seconds of cheetah-style, all-out, hard-as-you-can-go, 100% effort (biking, running, swimming, etc.), followed by 3 or 4 minutes of 50% effort, repeated up to 5 or 6 times, for no longer than half an hour.



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