

FSD5 Johnsonville High School

menus for

APRIL 2025

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

STATE OF MIND.

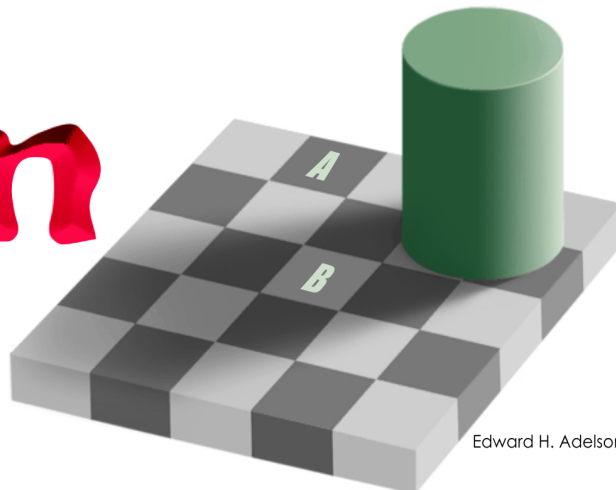
Physical activity isn't just good for your body. Regular exercise has been shown to help guard the mind against depression, too.



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

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

Tuesday, April 1

Breakfast

Biscuits and Sausage Gravy
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
or Uncrustable or
Mexican Pizza
Beans, Carrots
Fruit & Milk Choice

Wednesday, April 2

Breakfast

Grits and Eggs
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
or Uncrustable or
Shrimp n Grits or
Pork Carnitas and Grits
Mixed Vegetables
Roll
Fruit & Milk Choice

Thursday, April 3

Breakfast

Biscuits and Sausage Gravy
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
or Uncrustable or
Buffalo Wings
Green Beans, Tater Tots
Roll
Fruit & Milk Choice

Friday, April 4

Breakfast

Sausage Biscuit
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
or Uncrustable or
Pizza or
Manager's Choice
French Fries
Salad w/ Ranch
Fruit & Milk Choice

Monday, April 7

Breakfast

Grits and Eggs
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
or Uncrustable or
Pork Chop Sandwich
Fries, Cucumber Slices
Fruit & Milk Choice

Tuesday, April 8

Breakfast

Biscuits and Sausage Gravy
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
or Uncrustable or
Beef Tacos or
Walking Tacos
Pinto Beans
Let/Tom
Fruit & Milk Choice

Wednesday, April 9

Breakfast

Grits and Eggs
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
or Uncrustable or
Grilled Chicken and Mashed
Potatoes, Carrot w Ranch
Mixed Vegetables
Roll
Fruit & Milk Choice

Thursday, April 10

Breakfast

Biscuits and Sausage Gravy
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
or Uncrustable or
Popcorn Chicken
Broccoli, Tater Tots
Roll
Fruit & Milk Choice

Friday, April 11

Breakfast

Chicken and Waffle Sandwich
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
or Uncrustable or
Pizza or
Manager's Choice
Corn, Sun Chips
Salad w/ Ranch
Fruit & Milk Choice

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

Grits and Eggs
Fruit, Juice, & Milk Choice

Lunch

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

Tuesday, April 15

Breakfast

Biscuits and Sausage Gravy
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
or Uncrustable or
Mexican Pizza
Beans, Carrots
Fruit & Milk Choice

Wednesday, April 16

Breakfast

Grits and Eggs
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
or Uncrustable or
Beef Stroganoff
Salad w Ranch, Corn
Roll
Fruit & Milk Choice

Thursday, April 17

Breakfast

Biscuits and Sausage Gravy
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
or Uncrustable or
Fried Shrimp, Corn, Salad w/
Ranch
Fruit & Milk Choice

Friday, April 18

Breakfast

Sausage Biscuit
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

Grits and Eggs
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
or Uncrustable or
Cheeseburger
French Fries
Lettuce / Tomato / Mayo
Fruit & Milk Choice

Tuesday, April 29

Breakfast

Biscuits and Sausage Gravy
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
or Uncrustable or
Beef Tacos or
Walking Tacos
Black Beans
Let/Tom
Fruit & Milk Choice

Wednesday, April 30

Breakfast

Grits and Eggs
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
or Uncrustable or
Steak and Gravy or
Chicken Caesar Wrap
Corn, Mashed Potatoes,
Salad w/ Ranch, Roll
Fruit & Milk Choice

★ OUR NATION'S HISTORY ★



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.

Earth Day April 22



Keep it clean

★ WITH LIBERTY & JUSTICE FOR ALL ★