

Rogersville City School

# Menu for APRIL

This institution is an equal opportunity provider.

**Tuesday, April 1**

**BREAKFAST**  
Cinnamon Roll or Grab n Go

**Lunch**  
Popcorn Chicken  
PBJ/Cheese stick

**Sides**  
Salad  
Fries  
Sandwich Fixins  
Fresh Fruit

**Wednesday, April 2**

**BREAKFAST**  
Chicken Biscuit  
Grab n Go

**Lunch**  
Turkey Sub  
PBJ/Cheese stick

**Sides**  
Green Beans  
Mashed Potatoes  
Gravy  
Applesauce

**Thursday, April 3**

**BREAKFAST**  
Pancakes or Grab n Go

**Lunch**  
Cheeseburger Sliders  
PBJ/Cheese stick

**Sides**  
French Fries  
Veggie Cups  
Fresh Fruit

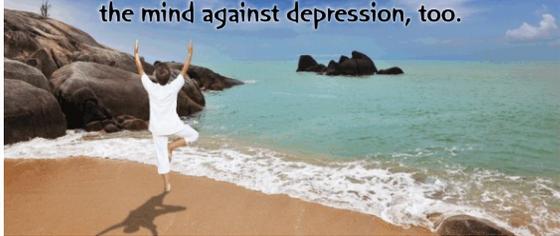
**Friday, April 4**

**BREAKFAST**  
Egg and toast or Grab n Go

**Lunch**  
Chicken Drumsticks  
PBJ/Cheese stick

**Sides**  
California Blend  
Corn  
Fruit Juice

**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**  
Sausage Biscuit or Grab n Go

**Lunch**  
Pizza  
PBJ/Cheese stick

**Sides**  
Green Beans  
Golden Corn  
Salsa  
Fresh Fruit

**Tuesday, April 8**

**BREAKFAST**  
Waffles or Grab n Go

**Lunch**  
Chicken Fajita Wrap  
PBJ/Cheese stick

**Sides**  
Refried Beans  
Golden Corn  
Salsa  
Apple Sauce

**Wednesday, April 9**

**BREAKFAST**  
French Toast or Grab n Go

**Lunch**  
Pork Bar B Q  
PBJ/Cheese stick

**Sides**  
Baked Beans  
Cole Slaw  
Fresh Fruit

**Thursday, April 10**

**BREAKFAST**  
Muffins or Grab n Go

**Lunch**  
PBJ/Cheese stick  
Or Breakfast for Lunch

**Sides**  
Scrambled Eggs  
Sausage  
Gravy and Biscuit  
Tater Tots

**Friday, April 11**

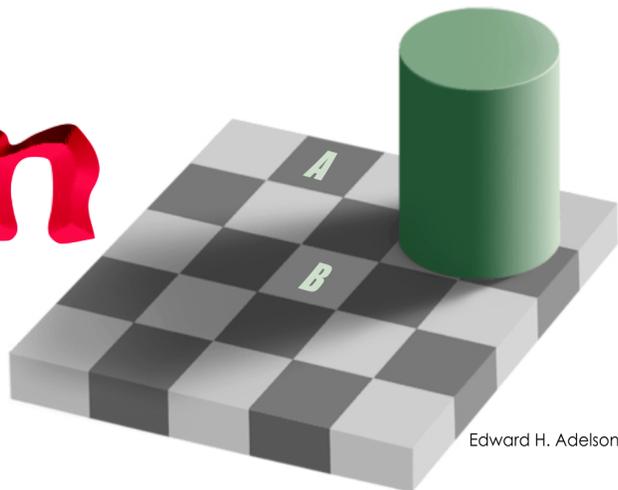
**BREAKFAST**  
Biscuit and Gravy or Grab n Go

**Lunch**  
Breaded Chicken  
PBJ/Cheese Stick

**Sides**  
French Fries  
Sandwich Fixins  
Mixed Vegetables  
Chilled Pears

# 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".



**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**

Egg and Toast or  
Grab n Go

**Lunch**

Pepperoni Pizza  
PBJ/Cheese stick

**Sides**

California Blend  
Corn  
Mandarin Oranges  
Or 100% Fruit Juice

**Tuesday, April 15**

**BREAKFAST**

Waffles or  
Grab n Go

**Lunch**

Italian Sub  
PBJ/Cheese stick

**Sides**

Garden Salad  
Fries  
Sandwich Fixins  
Pineapple Tidbits

**Wednesday, April 16**

**BREAKFAST**

Pancakes or  
Grab n Go

**Lunch**

Fish Sticks  
PBJ/Cheese Stick

**Sides**

Red Beans and Rice  
Coleslaw  
Chilled Applesauce

**Thursday, April 17**

**BREAKFAST**

French Toast or  
Grab n Go

**Lunch**

Cheeseburgers  
PBJ/Cheese stick

**Sides**

Sandwich Fixins  
French Fries  
Veggie Cups  
Fresh Fruit

**Friday, April 18**

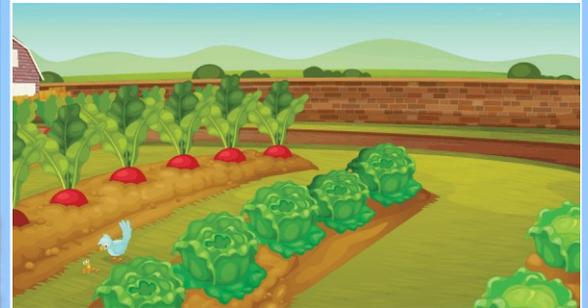
**Good Friday**



No School Today



**WHAT AM I?** I have a head but cannot think.  
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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**Monday, April 21**

**BREAKFAST**

Muffins or  
Grab n Go

**Lunch**

Pizza  
PBJ/Cheese stick

**Sides**

California Blend  
Corn  
Mandarin Oranges  
Or 100% Fruit Juice

**Tuesday, April 22**

**BREAKFAST**

Sausage Biscuit or  
Grab n Go

**Lunch**

Popcorn Chicken  
PBJ/Cheese stick

**Sides**

Broccoli and Cheese  
Mashed potatoes  
Fresh Fruit

**Wednesday, April 23**

**BREAKFAST**

French Toast or  
Grab n Go

**Lunch**

Pork Bar B Q  
PBJ/Cheese stick

**Sides**

Baked Beans  
Cole Slaw  
Fresh Fruit

**Thursday, April 24**

**BREAKFAST**

Pancakes or  
Grab n Go

**Lunch**

Breaded Chicken  
Biscuit Sliders  
PBJ/Cheese Stick

**Sides**

French Fries  
Mixed vegetables  
Chilled Pears

**Friday, April 25**

**BREAKFAST**

Cinnamon Roll or  
Grab n Go

**Lunch**

Cheeseburgers  
PBJ/Cheese stick

**Sides**

Sandwich Fixins  
French Fries  
Veggie Cups  
Fresh Fruit

**Monday, April 28**

**BREAKFAST**

Biscuit and Gravy or  
Grab n Go

**Lunch**

Cheese Pizza  
PBJ/Cheese Stick

**Sides**

Green Beans  
Golden Corn  
Fruit

**Tuesday, April 29**

**BREAKFAST**

Cinnamon Roll or  
Grab n Go

**Lunch**

Popcorn Chicken  
PBJ/Cheese stick

**Sides**

Salad  
Fries  
Sandwich Fixins  
Fresh Fruit

**Wednesday, April 30**

**BREAKFAST**

Sausage Biscuit or  
Grab n Go

**Lunch**

Cheese Quesadilla  
PBJ/Cheese stick

**Sides**

Refried Beans  
Golden Corn  
Salsa  
Fresh Fruit

**OUR NATION'S HISTORY**



**T**he 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**