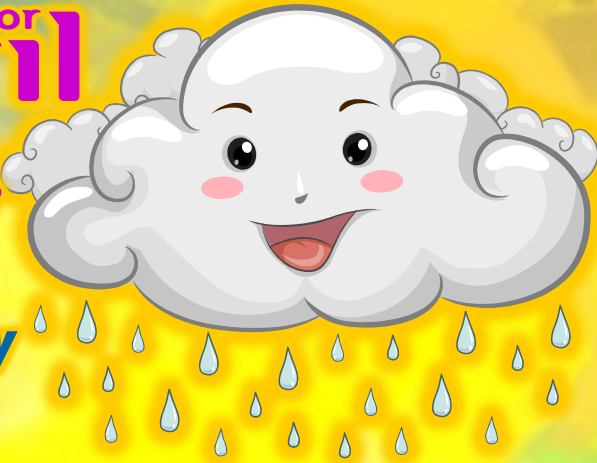


# Menus for April 2024

**ELANCO Elementary**



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 ★

**Monday, April 8**

**Breakfast**

1. Cinni Mini
2. Assorted Muffins  
Fruit/Milk

**Lunch**

1. Max Sticks with Marinara & French Fries
2. Pork & Veggie Dumplings over Stir Fried Rice  
Fruit/Veggies  
Milk

**Tuesday, April 9**

**Breakfast**

1. Bacon, Egg & Cheese Croissant
2. Donut Holes  
Fruit /Milk

**Lunch**

1. Chicken Nuggets
2. Hot Dog on WW Roll
3. Taco Salad  
Macaroni & Cheese  
Baked Beans  
Fruit/Veggies  
Milk

**Unicorn Horn Treat**

**Wednesday, April 10**

**Breakfast**

1. Chocolate Chip Waffle
2. Assorted Cereal  
Fruit /Milk

**Lunch**

1. Cheese Pizza
2. Corn Dogs
3. Taco Salad  
Curly fries  
Fruit/Veggies  
Milk

**Thursday, April 11**

**Breakfast**

1. Sausage Egg & Cheese Croissant
2. Assorted Muffins  
Fruit/Milk

**Lunch**

1. Build a Pizza Munchable
2. Chicken patty Sandwich
3. Taco Salad  
Buttered Noodles  
Fruit/Veggies  
Milk

**Friday, April 12**

**Breakfast**

1. Egg McSpartan
2. WG Donuts  
Fruit /Milk

**Lunch**

1. Macaroni & Cheese
2. Protein Pack-Trix Yogurt/Banana Bread Slice/Cheese Stick  
Broccoli & Cauliflower  
Fruit/Veggies  
Milk

**Tuesday, April 2**

**Breakfast**

1. Bacon, Egg & Cheese Croissant
2. Donut Holes  
Fruit/Milk

**Lunch**

1. Walking Taco
2. Chicken Fries  
WG Rice  
Black Bean Fiesta  
Fruit/Veggies  
Milk

**Wednesday, April 3**

**Breakfast**

1. Chocolate Chip Waffle
2. Assorted Cereal  
Fruit/Milk

**Lunch**

1. Chicken Tenders
2. Granola, Fruit and Yogurt Parfait
3. Chicken Caesar Salad  
Smiley Fries  
Fruit/Veggies  
Milk

**Thursday, April 4**

**Breakfast**

1. Sausage Egg & Cheese Croissant
2. Assorted Muffins  
Fruit/Milk

**Lunch**

1. General Tso's Chicken
2. Sea Wonder Fish Shapes
3. Chicken Caesar Salad  
WG Rice  
Steamed Broccoli  
Fruit/Veggies  
Milk

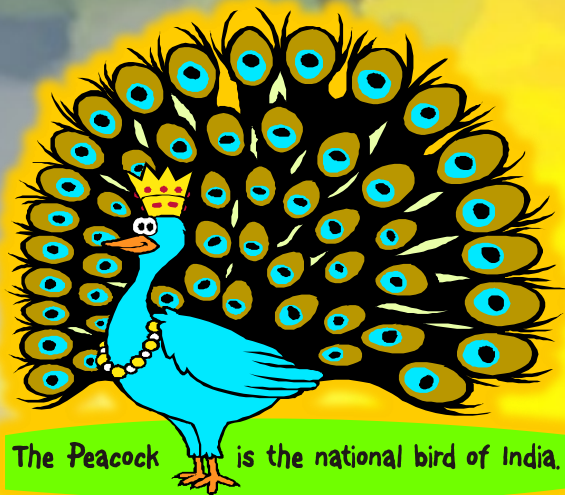
**Friday, April 5**

**Breakfast**

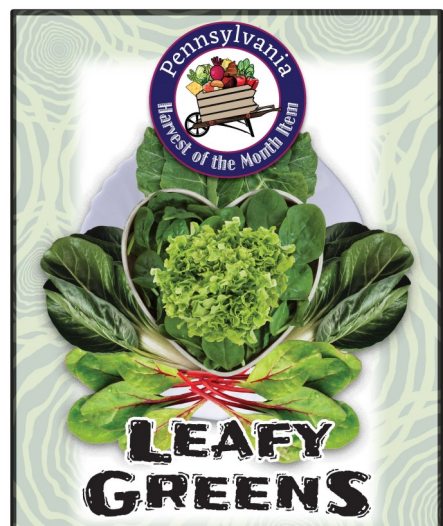
1. Egg McSpartan
2. WG Donuts  
Fruit/Milk

**Lunch**

1. Cheeseburger
2. Meat and Cheese Nachos  
Sweet Potato Puffs  
Fruit/Veggies  
Milk



The Peacock is the national bird of India.



**Monday, April 15**

**Breakfast**  
 1. Cinni Mini  
 2. Assorted Muffins  
 Fruit /Milk

**Lunch**  
 1. Egg & Cheese Omelet with Cinnamon Roll  
 2. Assorted Cereal  
 Bacon  
 Tater Tots  
 Trix Yogurt  
 Fruit/Veggies

**Tuesday, April 16**

**Breakfast**  
 1. Bacon, Egg & Cheese Croissant  
 2. Donut Holes  
 Fruit/Milk

**Lunch**  
 1. Pepperoni Pizza  
 2. Grilled Cheese  
 3. Spartan Chicken Salad  
 Tomato Soup  
 Chicken Noodle Soup  
 Fruit/Veggies  
 Milk

**Wednesday, April 17**

**Breakfast**  
 1. Chocolate Chip Waffle  
 2. Assorted Cereal  
 Fruit/Milk  
**TRY IT DAY**  
 Spinach Egg Bake

**Lunch**  
 1. Popcorn Chicken  
 2. Roasted Turkey  
 3. Spartan Chicken Salad

**Thursday, April 18**

**Breakfast**  
 1. Sausage Egg & Cheese Croissant  
 2. Assorted Muffins  
 Fruit/Milk

**Lunch**  
 1. Cheese Lasagna Roll Ups with Breadstick  
 2. Bosco Cheese Sticks  
 3. Spartan Chicken Salad  
 Side Salad  
 Fruit/Veggies

**Friday, April 19**

**Breakfast**  
 1. Egg McSpartan  
 2. WG Donuts  
 Fruit/Milk

**Lunch**  
 1. Hot Dog on WG Bun  
 2. American Hoagie  
 Assorted chips  
 Baked Beans  
 Fruit  
 Fruit/Veggies  
 Milk

**Monday, April 22**

**Breakfast**  
 1. Cinni Mini  
 2. Assorted Muffins  
 Fruit/Milk

**Lunch**  
 1. French Toast Sticks & Sausage  
 2. Sausage, Egg & Cheese Croissant  
 Hashbrowns  
 Fruit/Veggies  
 Milk  
**Cup of Dirt Dessert**

**Tuesday, April 23**

**Breakfast**  
 1. Bacon, Egg & Cheese Croissant  
 2. Donut Holes  
 Fruit/Milk

**Lunch**  
 1. Walking Taco  
 2. Chicken Fries  
 3. Chicken Caesar salad  
 WG Rice  
 Black Bean Fiesta  
 Fruit/Veggies  
 Milk

**Wednesday, April 24**

**Breakfast**  
 1. Chocolate Chip Waffle  
 2. Assorted Cereal  
 Fruit/Milk

**Lunch**  
 1. Chicken Tenders  
 2. Granola, Fruit and Yogurt Parfait  
 3. Chicken Caesar Salad  
 Smiley Fries  
 Fruit/Veggies  
 Milk

**Thursday, April 25**

**Breakfast**  
 1. Sausage Egg & Cheese Croissant  
 2. Assorted Muffins  
 Fruit/Milk

**Lunch**  
 1. General Tso's Chicken  
 2. Sea Wonder Fish Shapes  
 3. Chicken Caesar Salad  
 WG Rice  
 Steamed Broccoli  
 Fruit/Veggies  
 Milk

**Friday, April 26**

**Breakfast**  
 1. Egg McSpartan  
 2. WG Donuts  
 Fruit/Milk

**Lunch**  
 1. Cheeseburger  
 2. Meat and Cheese Nachos  
 Sweet Potato Puffs  
 Fruit/Veggies  
 Milk  
**TRY IT DAY**  
 Kale & Apple Salad

**Monday, April 29**

**Breakfast**  
 1. Cinni Mini  
 2. Assorted Muffins  
 Fruit/Milk

**Lunch**  
 1. Max Sticks with Marinara & French Fries  
 2. Pork & Veggie Dumplings over Stir Fried Rice  
 Fruit/Veggies  
 Milk

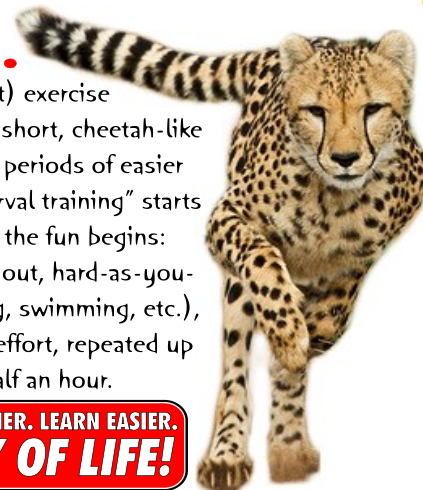
**Tuesday, April 30**

**Breakfast**  
 1. Bacon, Egg & Cheese Croissant  
 2. Donut Holes  
 Fruit /Milk

**Lunch**  
 1. Chicken Nuggets  
 2. Hot Dog on WW Roll  
 3. Taco Salad  
 Macaroni & Cheese  
 Baked Beans  
 Fruit/Veggies

# 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!**