

Menus for  
**April**

**ELANCO SECONDARY**

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



**Available Daily**

**BREAKFAST ITEMS SERVED DAILY**

ASSORTED CEREALS, POP TARTS,  
DONUTS & MUFFINS

ASSORTED FRUIT, JUICE AND MILK

**MONDAYS:** CINNI MINIS OR BAGELFULS

**TUESDAYS:** BACON EGG AND CHEESE  
CROISSANT

**WEDNESDAYS:** CHOCOLATE CHIP WAFFLE

**THURSDAYS:** BACON EGG AND CHEESE  
ENGLISH MUFFIN

**FRIDAYS:** SAUSAGE EGG AND CHEESE  
CROISSANT

**LUNCH ITEMS SERVED DAILY**

UNCRUSTABLE SANDWICH

SPECIALTY SANDWICH

SPECIALTY SALADS

ASSORTED FRUITS, VEGGIES AND MILK

Featured Specials of the Day

**Monday, April 1**

It's NO JOKE!  
No school today

**Tuesday, April 2**

- 1.LASAGNA ROLL UP
- 2.CHCKEN FILET SANDWICH

**Wednesday, April 3**

- 1.SUBWAY SANDWICH \$3.50
- 2.PORK BBQ WITH MAC & CHEESE

**Thursday, April 4**

- 1.BAKED CHICKEN
- 2.BOSCO STICKS WITH MEATBALLS

**Friday, April 5**

- 1.SHRIMP POPPERS WITH CHEESESTICK AND CORNBREAD
- 2.PIZZA

**Monday, April 8**

- 1.MAX STICKS WITH MARINARA
- 2.CHEESEBURGER

**Tuesday, April 9**

- 1.WALKING TACO WITH DORITOS
- 2.CHICKEN FILET SANDWICH

**Wednesday, April 10**

- 1.POPCORN CHICKEN BOWL
- 2.CHICKEN ALFREDO

**Thursday, April 11**

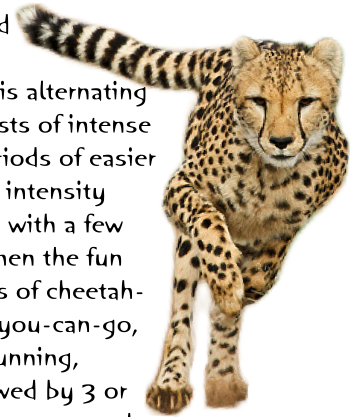
- 1.FRENCH TOAST STICKS WITH SAUSAGE
- 2.CHEESE OMELET

**Friday, April 12**

- 1.PIZZA
- 2.BEEF NACHOS WITH CHEESE

**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!**

**WORLD'S GREATEST  
APRIL FOOLS  
TRICKS!**

**O**n 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!" stamped out in the snow!

**See the other side for more all-time great pranks!**

# OUR NATION'S HISTORY

The Pony Express debuted on April 3, 1860 when a rider left St. Joseph, Missouri with mail destined for Sacramento, California. Previously, mail had to travel from the East to the Golden State by slow stagecoaches, or by boat all the way around South America. But by swapping horses every 10 miles, changing riders every 100, and riding 24 hours a day, non-stop, the Pony Express could deliver the mail in just 10 days! The operation didn't last long – soon enough, the transcontinental telegraph could deliver short messages almost instantaneously, and larger mail could be transported cross-country by train.



# WITH LIBERTY & JUSTICE FOR ALL

## eatfit

wanna stay fit?  
gotta eat right!



**item:** turkey sandwich  
**verdict:** gobble

**tip:** These numbers are for a small whole-grain sub roll, 3 ounces of turkey, 1 oz. of cheese (about one slice), lettuce, tomato, onion, and a tablespoon of mayo. Without cheese, subtract 110 calories and 5g of saturated fat. Hold the mayo (or use mustard) to save another 100 calories and 1.5g sat fat.

**FIT METER**

528 CALORIES    8.1 SAT FAT GRAMS    5.8 FIBER GRAMS

Teens should eat 1800-3200 calories a day, depending on gender and activity level. Shoot for fewer than 22g of sat fat and at least 20-25g of fiber a day.

### Featured Specials of the Day

**Monday, April 15**  
1. CHICKEN QUESADILLA  
2. CHEESEBURGER

**Tuesday, April 16**  
1. POTSTICKER/ DUMPLINGS  
2. CHICKEN FILET SANDWICH

**Wednesday, April 17**  
1. PASTA BAR  
2. MEATBALL SUB

**Thursday, April 18**  
1. PIZZA  
2. CHICKEN TENDERS

**Friday, April 19**  
1. GRILLED CHEESE  
2. HOT HAM AND CHEESE ON PRETZEL ROLL

Please see the other page for items available daily

### Featured Specials of the Day

**Monday, April 22**  
1. ASIAN BAR  
2. CHEESEBURGER

**Tuesday, April 23**  
1. LASAGNA ROLL UP  
2. CHICKEN FILET SANDWICH

**Wednesday, April 24**  
1. SUBWAY SANDWICH \$3.50  
2. PORK BBQ WITH MAC & CHEESE

**Thursday, April 25**  
1. BAKED CHICKEN  
2. BOSCO STICKS WITH MEATBALLS

**Friday, April 26**  
1. PORK RIB-BQ SANDWICH  
2. PIZZA

**Monday, April 29**  
1. MAX STICKS WITH MARINARA  
2. CHEESEBURGER

**Tuesday, April 30**  
1. WALKING TACO WITH DORITOS  
2. CHICKEN FILET SANDWICH

# EARTH DAY APRIL 22