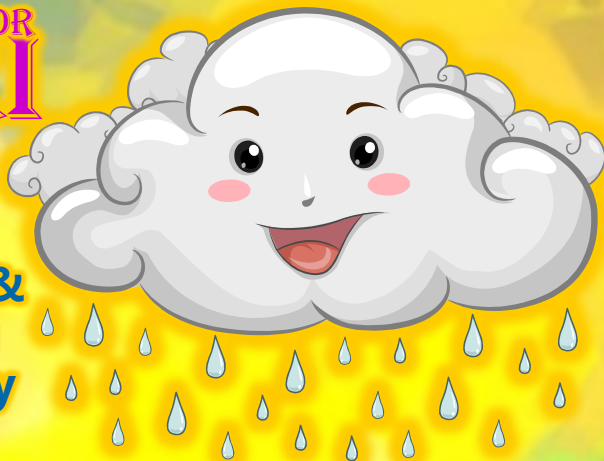


MENUS FOR APRIL 2024

Blairsville &
Saltsburg
Elementary



This institution is an equal opportunity provider. Men-

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 1

SPRING BREAK
NO SCHOOL

Need Extra Spending Money? Work a few hours with us subbing or to perm while your kids are in school Call the food service office for details (724) 459-5500 EXT 2114

Tuesday, April 2

Breakfast
Orange Dream Mini Loaf
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch
Grilled Cheese Sandwich
Juicy Chicken Patty
Creamy Tomato Soup
Fresh Celery Sticks

Wednesday, April 3

Breakfast
Super Bakery
Pumpkin Bread
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch
Rigatoni w Meat Sauce & Garlic Bread Stick
Boneless Wing Boat w Garlic Bread Stick
Garden Salad w Lite Dressing
Three Bean Salad

Thursday, April 4

Breakfast
Celebration Benefit Bar
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch
Cherry Blossom Chicken over Rice
W.G. Dinner Roll
Wow Butter Jammer w Cheese Stick & Crackers
Steamed Broccoli
Fresh Red Pepper Strips

Friday, April 5

Breakfast
Belgian Maple Waffle
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch
Personal Pizza
Crispy Fish Sticks
Garden Salad w Lite Dressing
Tender Green Beans

Monday, April 8

Breakfast
Strawberry Strudel
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch
Hot Meatball Hoagie
W Shredded Mozzarella
W.G. Corn Dogs
Golden Kernel Corn
Homemade Baked Beans

Tuesday, April 9

Breakfast
W.G. Cherry Muffin
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch
Cheese Ravioli w Meat & or Marinara w Garlic Bread Stick
Juicy Chicken Patty
Garden Salad Lite Dressing
Fresh Grape Tomatoes & Cucumbers

Wednesday, April 10

Breakfast
Plain Yogurt w Granola
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch
Walking Taco w Cheese
Lettuce Salsa Sour Cream w W.G. Dinner Roll
Refried Beans
Boneless Wing Boat w Garlic Bread Stick
Fresh Celery Sticks

Thursday, April 11

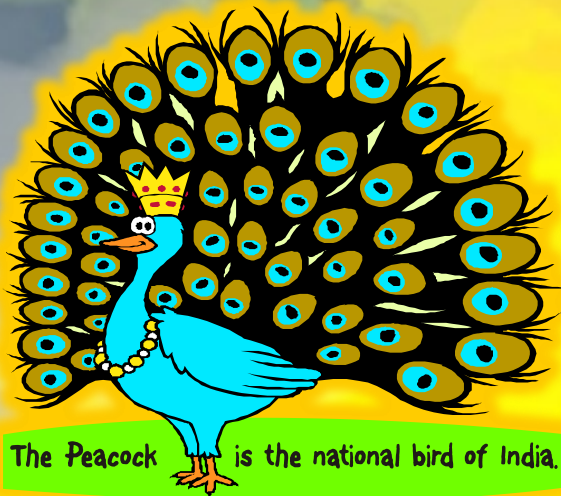
Breakfast
Apple Frudel
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch
Chicken Tenders Basket w Garlic Bread Stick & Ranch
Wow Butter Jammer w Cheese Stick & Crackers
Glazed Carrots
Fresh Broccoli Florets

Friday, April 12

Breakfast
Super Bakery
Cocoa Minis
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch
French Bread Pizza
Crispy Fish Sticks
Garden Salad w Lite Dressing
Seasoned Peas



The Peacock is the national bird of India.



THEREIN

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

IO

language that contains TEN other smaller words without rearranging any of the letters. How many can you find?

Word play

the, there, ere, here, herein, ere, 're, 'relin, in

Monday, April 15

Breakfast
Super Bakery
Blueberry Munchkins
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch
Bacon Cheese Burger
W.G. Corn Dog
Crispy Tater Tots
Three Bean Salad

Tuesday, April 16

Breakfast
Super Bakery
Dunkin Sticks
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch
Italian Combo Platter
W Garlic Bread Stick
Juicy Chicken Patty
Garden Salad w Lite
Dressing
Sliced Beets

Wednesday, April 17

Breakfast
Sky B. Coffee Cake
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch
All Beef Hot Dog on Bun
w/wo Fixings'
Boneless Wing Boat
w Garlic Bread Stick
Homemade Baked Beans
Fresh Broccoli Florets

Thursday, April 18

Breakfast
French Toast Benefit Bar
Choice of Fruit or
Fruit Juice &
Milk Choice

Lunch
Popcorn Chicken Mashed
Potato Cheese & Gravy
Bowl W.G. Dinner Roll
Wow Butter Jammer
Cheese Stick & Crackers
Golden Kernel Corn
Baby Whole Peeled
Carrots

Friday, April 19

Breakfast
Strawberry Guava
Turnover
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch
Homestyle Mozzarella
Bread Sticks w Side of
Marinara Sauce
Crispy Fish Sticks
Garden Salad w Lite
Dressing
Fresh Celery Sticks

Monday, April 22

Breakfast
Banana Bread Slice
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch
Rib Bar Bee Que
Sandwich w BBQ Sauce
W.G. Corn Dogs
Homemade Baked
Beans
Tender Green Beans

Tuesday, April 23

Breakfast
Dinner Roll &
Cheese Stick
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch
French Toast Slices w
Warm Syrup & Ember
Farms Sausage Link
Juicy Chicken Patty
Baked Hash Browns
Baby Whole Peeled
Carrots

Wednesday, April 24

Breakfast
Plain Yogurt w Granola
Choice of Fruit & or Fruit
Juice Milk

Lunch
Beef & Cheese
Nachos Grande
Salsa & Sour Cream
W.G. Dinner Roll
Boneless Wing Boat
w Garlic Bread Stick
Refried Beans
Baby Whole Peeled
Carrots

Thursday, April 25

Breakfast
S.B. Cocoa Bread Slice
Choice of Fruit or Fruit
Juice & Milk Choice

Lunch
Chicken Cheese
Quesadilla
Wow Butter Jammer w
Cheese Stick &
Crackers
Tender Green Beans
Fresh Broccoli Florets

Friday, April 26

Breakfast
Strawberry Cream
Cheese Bagel Stick
Choice of Fruit & or
Fruit Juice Milk Choice

Lunch
Stuffed Crust Pizza
W or WO Pepperoni
Hot Fish Sandwich
W.G Dinner Roll
Garden Salad Lite
Dressing
Seasoned Peas

Monday, April 29

Breakfast
Super Bakery
Dunkin Sticks
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch
Crispy Chicken Nuggets
w Dipping Sauce
W.G Dinner Roll
W.G. Corn Dog
Oven Fries
Three Bean Salad

Tuesday, April 30

Breakfast
Super Bakery
Powdered Munchkins
Choice of Fruit & or
Fruit Juice Milk

Lunch
Meatballs & Gravy over
Buttered Noodles
W.G. Dinner Roll
Wow Butter Jammer w
Cheese Stick &
Crackers
Glazed Carrots
Fresh Grape Tomatoes

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!