

# Big A

## April 2024



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

### Students:

Breakfast-No Charge

Lunch-No Charge

### Daily Options:

(Kindergarten)

Protein Power Pack

with Yogurt,

String Cheese,

Grain, &

Fruit/Veggie

All meals include milk choice:

Fat Free Flavored,

Skim, and 1% milk

Harvest of the Month

Strawberries



Market conditions, delivery, and availability of food may require changes in menu.

## ★ 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

Tuesday, April 2

Spring  
Break

Wednesday, April 3

Spring  
Break

Thursday, April 4

Spring  
Break

Friday, April 5

Spring  
Break

Monday, April 8

**Breakfast**  
Toaster  
Pastry

**Lunch**  
Mini Corn  
Dogs  
Baked Beans  
Potato Smiles  
Fruit

Tuesday, April 9

**Breakfast**  
Sausage  
Biscuit

**Lunch**  
Pizza Quesadilla  
Salsa & Cheese  
Black Beans  
Fruit

Wednesday, April 10

**Breakfast**  
Mini  
Cinni

**Lunch**  
Rotini Pasta  
w/ Meat sauce  
Breadstick  
Peas & Carrots  
Fruit

Thursday, April 11

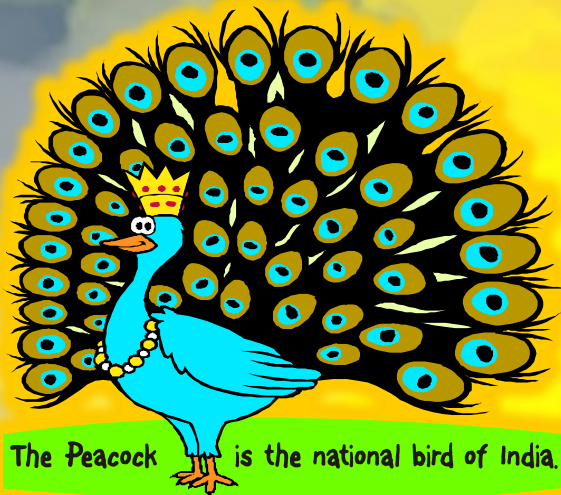
**Breakfast**  
Breakfast  
Bun

**Lunch**  
Chicken Sandwich  
Potato Wedges  
Veggie Dippers  
Fruit

Friday, April 12

**Breakfast**  
Chicken  
Biscuit

**Lunch**  
Pizza Stix  
w/ Marinara  
Garden Salad  
Corn  
Fruit



# THE REIN

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, he, her, here, herein, ere, re, rein, in

Monday, April 15

**Breakfast**  
Breakfast  
Pullapart Bun

**Lunch**  
BBQ Sandwich  
Baked Beans  
Tator Tots  
Applesauce

Tuesday, April 16

**Breakfast**  
Sausage  
Biscuit

**Lunch**  
Walking Taco  
w/Salsa, Lettuce,  
Cheese  
Refried Beans  
Fruit

Wednesday, April 17

**Breakfast**  
Muffin

**Lunch**  
Fish Sticks  
Mac N Cheese  
Hushpuppies  
Black Eyed Peas  
Fruit  
*National Banana Day*

Thursday, April 18

**Breakfast**  
Mini French  
Toast

**Lunch**  
Chicken Drumstick  
Mashed Potatoes  
Dinner Roll  
Broccoli  
Fruit

Friday, April 19

**Breakfast**  
Steak  
Biscuit

**Lunch**  
Pizza  
Garden Salad  
Corn  
Fruit

Monday, April 22

**Breakfast**  
Breakfast  
Strudel

**Lunch**  
Cheeseburger  
Baked Beans  
French Fries  
Fruit

*Earth Day*

Tuesday, April 23

**Breakfast**  
Sausage  
Biscuit

**Lunch**  
Grilled Cheese  
Sandwich  
w/ Tomato Soup  
Broccoli  
Fruit

Wednesday, April 24

**Breakfast**  
Fruit Smoothie  
w/Cracker

**Lunch**  
Spaghetti/w Meat  
Sauce  
Garlic Bread  
Glazed Carrots  
Fruit

Thursday, April 25

**Breakfast**  
Pancake  
Pup

**Lunch**  
Country Fried  
Steak Fingers  
Mashed Potatoes  
English Peas  
Fruit

Friday, April 26

**Breakfast**  
Chicken  
Biscuit

**Lunch**  
Pizza Stix  
w/ Marinara  
Garden Salad  
Corn  
Fruit

Monday, April 29

**Breakfast**  
Breakfast  
Bread

**Lunch**  
Hot Dog  
Baked Beans  
Tator Tots  
Fruit

Tuesday, April 30

**Breakfast**  
Sausage  
Biscuit

**Lunch**  
Beef Nachos  
w/Salsa, Lettuce,  
Cheese  
Black Beans  
Fruit  
*National Raisin Day*

# 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!**

