

Liberty

April 2024



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

Students:

Breakfast-No Charge

Lunch-No Charge

Daily Options:

PBJ Sandwich,

String Cheese &

Daily Fruit/Veggie Choices

or

Protein Power Pack

with Yogurt,

String Cheese,

Grain, & Daily

Fruit/Veggie Choices

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
English Peas
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 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, he, her, here, in, herein, ere, re, reln, 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

Chili w/Breadstick
Baked Potato
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
Potato Smiles
Fruit

Tuesday, April 30

Breakfast

Sausage
Biscuit

Lunch

Beef Taco Wrap
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!

