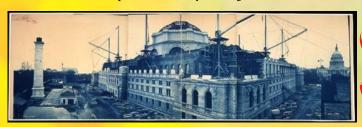


This institution is an equal opportunity provider. Menus are subject to change.

NATION'S HISTORY

he 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

vears 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.



 W_{ITH} LIBERTY USTICE

Students:

Breakfast-No Charge Lunch-No Charge

Daily Options:

PBJ Sandwich, String Cheese & Daily Fruit/Veggie Choices

> 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.

Monday, April 1

Tuesday, April 2

Wednesday, April 3

Thursday, April 4

Friday, April 5

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



Monday, April 15

Breakfast

Breakfast Pullapart Bun

Lunch

Fish Sticks Mac N Cheese Hushpuppies **Black Eyed Peas** Fruit

Tuesday, April 16

Breakfast

Sausage Biscuit

Lunch

Cowboy Nachos Salsa, Cheese, Black Beans Corn Fruit

Wednesday, April 17

Breakfast Muffin

Lunch **BRUNCH**

FOR

LUNCH

Mini French Toast

Lunch

Thursday, April 18

Breakfast

Chicken Drumstick Mashed Potatoes Dinner Roll Broccoli Fruit

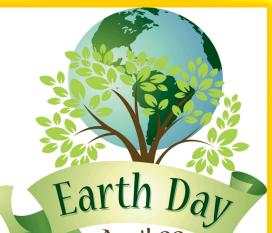
Friday, April 19

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/ Chili Broccoli Fruit

Wednesday, April 24

National Banana Dav

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

THERE

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

language that contains **TEN**

nerein, ere, re, rein, in τής, τήθες, ής, ήθες, ήθες,

other smaller words without rearranging any of the letters. How many

Monday, April 29

Breakfast

Breakfast Burrito

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-youcan-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**