

# Toccoa

## 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 ★

**T**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 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**

**Tuesday, April 2**

**Wednesday, April 3**

**Thursday, April 4**

**Friday, April 5**

**Monday, April 8**

**Tuesday, April 9**

**Wednesday, April 10**

**Thursday, April 11**

**Friday, April 12**

### **Breakfast**

Toaster

Pastry

### **Lunch**

Mini Corn

Dogs

Baked Beans

Potato Smiles

Fruit

### **Breakfast**

Sausage

Biscuit

### **Lunch**

Pizza Quesadilla

Salsa & Cheese

Black Beans

Fruit

### **Breakfast**

Mini

Cinni

### **Lunch**

Rotini Pasta

w/ Meat sauce

Breadstick

Peas & Carrots

Fruit

### **Breakfast**

Breakfast

Bun

### **Lunch**

Chicken Sandwich

Potato Wedges

Veggie Dippers

Fruit

### **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

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

# IO

the, there, he, her, here, in, herein, ere, re, reln, in

Word play

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

*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/ Chili  
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  
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-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!**

