

# April

## SCMS & 5GA



### Daily Options:

PBJ Sandwich,  
String Cheese  
Daily Fruit/Veggie Choices  
or

Protein Power Pack  
with Yogurt,  
String Cheese,  
Grain, & Daily  
Fruit/Veggie Choices  
or

Chef Salad w/Protein, 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.

This institution is an equal opportunity provider.

### Featured Specials of the Day

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

Mini Corn Dogs

Baked Beans

French Fries

Veggie Dippers

Fruit

Tuesday, April 9

Cowboy Nachos

Salsa/Cheese

Black Beans

Corn

Fruit

Wednesday, April 10

Chicken Sandwich

Lettuce/Tomato/Pickles

Veggie Dippers

French Fries

Fruit

Thursday, April 11

General Tso's Chicken w/Rice

Spring Roll

Broccoli

Fruit

Friday, April 12

Pizza Variety

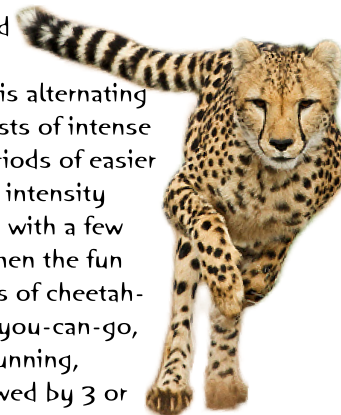
Garden Salad

Corn

Fruit

# 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!**

# WORLD'S GREATEST APRIL FOOL'S TRICKS!

**O**n 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 other side for more all-time great pranks!**

# ★ OUR NATION'S HISTORY ★

The Pony Express debuted on April 3, 1860 when a rider left St. Joseph, Missouri with mail destined for Sacramento, California. Previously, mail had to travel from the East to the Golden State by slow stagecoaches, or by boat all the way around South America. But by swapping horses every 10 miles, changing riders every 100, and riding 24 hours a day, non-stop, the Pony Express could deliver the mail in just 10 days! The operation didn't last long – soon enough, the transcontinental telegraph could deliver short messages almost instantaneously, and larger mail could be transported cross-country by train.



# ★ WITH LIBERTY & JUSTICE FOR ALL ★

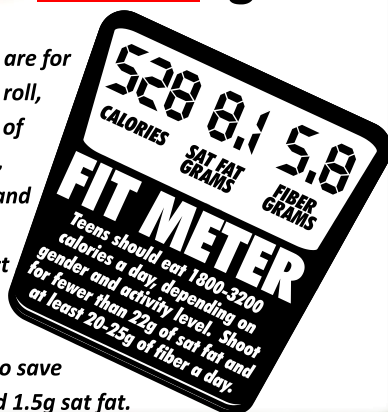
# eatfit

wanna stay fit?  
gotta eat right!



**item:**  
turkey sandwich  
**verdict:** gobble

**tip:** These numbers are for a small whole-grain sub roll, 3 ounces of turkey, 1 oz. of cheese (about one slice), lettuce, tomato, onion, and a tablespoon of mayo. Without cheese, subtract 110 calories and 5g of saturated fat. Hold the mayo (or use mustard) to save another 100 calories and 1.5g sat fat.



## Featured Specials of the Day

Monday, April 15  
Chili w/ Baked Potato  
Breadstick  
Veggie Dippers  
Fruit

Tuesday, April 16  
Walking Taco  
w/Salsa, Lettuce/Cheese  
Corn & Black Beans  
Fruit

Wednesday, April 17  
Brunch for Lunch

Thursday, April 18  
Chicken Strip Basket w/ Biscuit  
Green Beans  
Roasted Potatoes  
Fruit

Friday, April 19  
Pizza Variety  
Garden Salad  
Corn  
Fruit

## Featured Specials of the Day

Monday, April 22  
Cheeseburger  
Baked Beans  
Tator Tots  
Veggie Dippers  
Fruit

Tuesday, April 23  
Country Fried Steak w/Gravy & Biscuit  
Mashed Potatoes  
English Peas  
Fruit

Wednesday, April 24  
Spaghetti/w Meat Sauce  
Garlic Knot  
Glazed Carrots  
Fruit

Thursday, April 25  
Buffalo Chicken Dip w/ Scoops  
Veggie Dippers  
French Fries  
Fruit

Friday, April 26  
Pizza Variety  
Garden Salad  
Corn  
Fruit

Monday, April 29  
Hot Dog  
Tator Tots  
Baked Beans  
Fruit

Tuesday, April 30  
Cowboy Nachos  
Salsa/Cheese  
Black Beans  
Corn  
Fruit



# APRIL 22