

April SCHS



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
BBQ Sandwich or Chicken Sandwich
Lettuce/Tomato/Pickles
French Fries
Baked Beans, Slaw
Fruit

Tuesday, April 9
Beef Nachos w/ Scoops
Salsa, Lettuce, Cheese
Black Beans, Spanish Rice
Fruit

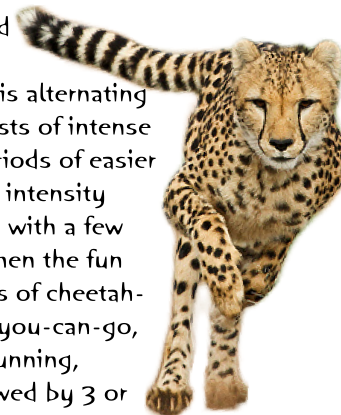
Wednesday, April 10
Hamburger or Mini Corn Dogs
Lettuce/Tomato/Pickles
Tator Tots
Baked Beans
Fruit

Thursday, April 11
Chicken Strip Basket w/ Biscuit
Black Eyed Peas
Mashed Potatoes
Fruit

Friday, April 12
Chicken Sandwich or 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!

On 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**
Chicken or Fish Sandwich
Baked Beans
Tator Tots
Veggie Dippers
Fruit
- Tuesday, April 16**
Country Fried Steak w/Gravy & Biscuit
Mashed Potatoes
English Peas
Fruit
- Wednesday, April 17**
Grab and Go Sandwich
Veggie Dippers
Baked Chips
Fruit
- Thursday, April 18**
General Tso's Chicken w/Rice
Spring Roll
Broccoli
Fruit
- Friday, April 19**
Chicken Sandwich or Pizza Variety
Garden Salad
Corn
Fruit

Featured Specials of the Day

- Monday, April 22**
Spaghetti w/Meat Sauce or Chicken Sandwich
Garlic Bread
Veggie Dippers
California Blend
Fruit
- Tuesday, April 23**
Buffalo Chicken Dip w/ Scoops
Veggie Dippers
French Fries
Fruit
- Wednesday, April 24**
Cheeseburger or Hot Dog
Baked Beans
Tator Tots,
Veggie Dippers
Fruit
- Thursday, April 25**
Brunch for Lunch
- Friday, April 26**
Chicken Sandwich or Pizza Variety
Garden Salad
Corn
Fruit
- Monday, April 29**
Sub Your Way or Chicken Sandwich
Baked Beans
Tator Tots
Veggie Dippers
Fruit
- Tuesday, April 30**
Cowboy Nachos
Salsa/Cheese
Black Beans
Corn
Fruit



APRIL 22