Rogersville City School		Tuesday, April 1	Wednesday, April 2	Thursday, April 3	Friday, April 4
		<u>BREAKFAST</u>	<u>BREAKFAST</u>	<u>BREAKFAST</u>	<u>BREAKFAST</u>
		Cinnamon Roll or	Chicken Biscuit	Pancakes or	Egg and toast or
Menu for		Grab n Go	Grab n Go	Grab n Go	Grab n Go
		<u>Lunch</u>	Lunch	<u>Lunch</u>	<u>Lunch</u>
		Popcorn Chicken	Turkey Sub	Cheeseburger Sliders	
APRIL		PBJ/Cheese stick	PBJ/Cheese stick	PBJ/Cheese stick	PBJ/Cheese stick
		Sides	Sides	Cidaa	Sides
		Salad	Green Beans	Sides	California Blend
		Fries	Mashed Potatoes	French Fries	Corn
		Sandwich Fixins	Gravy	Veggie Cups	Fruit Juice
This institution is an equal opportunity provider.		Fresh Fruit	Applesauce	Fresh Fruit	
inis institution is an equal opportu	inity provider.				
STATE OF MIND	Monday, April 7	Tuesday, April 8	Wednesday, April 9	Thursday, April 10	Friday, April 11
STATE OF MIND.	Monday, April 7 BREAKFAST	Tuesday, April 8 BREAKFAST	Wednesday, April 9 BREAKFAST	Thursday, April 10 BREAKFAST	Friday, April 11 BREAKFAST
STATE OF MIND. Physical activity isn't just good for your body.					
Physical activity isn't just good for your body.	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
and the second	BREAKFAST Sausage Biscuit or	BREAKFAST Waffles or	<b>BREAKFAST</b> French Toast or Grab n Go	<u>BREAKFAST</u> Muffins or Grab n Go <u>Lunch</u>	<u>BREAKFAST</u> Biscuit and Gravy or Grab n Go <u>Lunch</u>
Physical activity isn't just good for your body. Regular exercise has been shown to help guard	<u>BREAKFAST</u> Sausage Biscuit or Grab n Go <u>Lunch</u>	BREAKFAST Waffles or Grab n Go Lunch	BREAKFAST French Toast or Grab n Go Lunch	BREAKFAST Muffins or Grab n Go <u>Lunch</u> PBJ/Cheese stick	BREAKFAST Biscuit and Gravy or Grab n Go Lunch Breaded Chicken
Physical activity isn't just good for your body. Regular exercise has been shown to help guard	BREAKFAST Sausage Biscuit or Grab n Go Lunch Pizza	BREAKFAST Waffles or Grab n Go <u>Lunch</u> Chicken Fajita Wrap	<b>BREAKFAST</b> French Toast or Grab n Go <b>Lunch</b> Pork Bar B Q	BREAKFAST Muffins or Grab n Go Lunch PBJ/Cheese stick Or Breakfast for	BREAKFAST Biscuit and Gravy or Grab n Go Lunch Breaded Chicken PBJ/Cheese Stick
Physical activity isn't just good for your body. Regular exercise has been shown to help guard	BREAKFAST Sausage Biscuit or Grab n Go <u>Lunch</u> Pizza PBJ/Cheese stick	BREAKFAST Waffles or Grab n Go <u>Lunch</u> Chicken Fajita Wrap PBJ/Cheese stick	BREAKFAST French Toast or Grab n Go Lunch Pork Bar B Q PBJ/Cheese stick	BREAKFAST Muffins or Grab n Go <u>Lunch</u> PBJ/Cheese stick <u>Or Breakfast for</u> <u>Lunch</u>	BREAKFAST Biscuit and Gravy or Grab n Go Lunch Breaded Chicken PBJ/Cheese Stick Sides
Physical activity isn't just good for your body. Regular exercise has been shown to help guard	BREAKFAST Sausage Biscuit or Grab n Go <u>Lunch</u> Pizza PBJ/Cheese stick Sides	BREAKFAST Waffles or Grab n Go <u>Lunch</u> Chicken Fajita Wrap PBJ/Cheese stick Sides	BREAKFAST French Toast or Grab n Go Lunch Pork Bar B Q PBJ/Cheese stick Sides	BREAKFAST Muffins or Grab n Go Lunch PBJ/Cheese stick Or Breakfast for Lunch Scrambled Eggs	BREAKFAST Biscuit and Gravy or Grab n Go Lunch Breaded Chicken PBJ/Cheese Stick Sides French Fries
Physical activity isn't just good for your body. Regular exercise has been shown to help guard	BREAKFAST Sausage Biscuit or Grab n Go <u>Lunch</u> Pizza PBJ/Cheese stick Sides Green Beans	BREAKFAST Waffles or Grab n Go <u>Lunch</u> Chicken Fajita Wrap PBJ/Cheese stick Sides Refried Beans	BREAKFAST French Toast or Grab n Go <u>Lunch</u> Pork Bar B Q PBJ/Cheese stick Sides Baked Beans	BREAKFAST Muffins or Grab n Go Lunch PBJ/Cheese stick Or Breakfast for Lunch Scrambled Eggs Sausage	BREAKFAST Biscuit and Gravy or Grab n Go Lunch Breaded Chicken PBJ/Cheese Stick Sides French Fries Sandwich Fixins
Physical activity isn't just good for your body. Regular exercise has been shown to help guard	BREAKFAST Sausage Biscuit or Grab n Go <u>Lunch</u> Pizza PBJ/Cheese stick Sides Green Beans Golden Corn	BREAKFAST Waffles or Grab n Go <u>Lunch</u> Chicken Fajita Wrap PBJ/Cheese stick Sides Refried Beans Golden Corn	BREAKFAST French Toast or Grab n Go Lunch Pork Bar B Q PBJ/Cheese stick Sides Baked Beans Cole Slaw	BREAKFAST Muffins or Grab n Go Lunch PBJ/Cheese stick Or Breakfast for Lunch Scrambled Eggs Sausage Gravy and Biscuit	BREAKFAST Biscuit and Gravy or Grab n Go Lunch Breaded Chicken PBJ/Cheese Stick Sides French Fries Sandwich Fixins Mixed Vegetables
Physical activity isn't just good for your body. Regular exercise has been shown to help guard the mind against depression, too.	BREAKFAST Sausage Biscuit or Grab n Go <u>Lunch</u> Pizza PBJ/Cheese stick Sides Green Beans Golden Corn Salsa	BREAKFAST Waffles or Grab n Go <u>Lunch</u> Chicken Fajita Wrap PBJ/Cheese stick Sides Refried Beans Golden Corn Salsa	BREAKFAST French Toast or Grab n Go <u>Lunch</u> Pork Bar B Q PBJ/Cheese stick Sides Baked Beans	BREAKFAST Muffins or Grab n Go Lunch PBJ/Cheese stick <u>Or Breakfast for Lunch</u> Scrambled Eggs Sausage Gravy and Biscuit Sides	BREAKFAST Biscuit and Gravy or Grab n Go Lunch Breaded Chicken PBJ/Cheese Stick Sides French Fries Sandwich Fixins
Physical activity isn't just good for your body. Regular exercise has been shown to help guard the mind against depression, too.	BREAKFAST Sausage Biscuit or Grab n Go <u>Lunch</u> Pizza PBJ/Cheese stick Sides Green Beans Golden Corn	BREAKFAST Waffles or Grab n Go <u>Lunch</u> Chicken Fajita Wrap PBJ/Cheese stick Sides Refried Beans Golden Corn	BREAKFAST French Toast or Grab n Go Lunch Pork Bar B Q PBJ/Cheese stick Sides Baked Beans Cole Slaw	BREAKFAST Muffins or Grab n Go Lunch PBJ/Cheese stick Or Breakfast for Lunch Scrambled Eggs Sausage Gravy and Biscuit	BREAKFAST Biscuit and Gravy or Grab n Go Lunch Breaded Chicken PBJ/Cheese Stick Sides French Fries Sandwich Fixins Mixed Vegetables

Do you think the two squares labeled A and B are different shades of gray? Guess what? They're the same color! If you're interested, you can see proof and learn more by searching on line for "Checkershadow Illusion - MIT".

Edward H. Adelson

NUTRITION TOGE

As a rule, Americans don't eat enough beans! Beans are the best plant source of protein and contain little of the fat and cholesterol that accompany the protein in meat. Beans also provide more fiber than almost any other plant food and nearly as much calcium as milk. Plus, beans' slow release of glucose makes them a superfood for people with diabetes.

Monday, April 14	Tuesday, April 15	Wednesday, April 16	Thursday, April 17	Friday, April 18	HALF FRUITS AND VEGETABLES	
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	Good Friday	the Jack The The D	
Egg and Toast or	Waffles or	Pancakes or	French Toast or	. m		
Grab n Go	Grab n Go	Grab n Go	Grab n Go	N OT	plater	
Lunch	Lunch	Lunch	<u>Lunch</u>			
<u>Lunch</u> Pepperoni Pizza	<u>Lunch</u> Italian Sub	Fish Sticks	Cheeseburgers	Charles I		
PBJ/Cheese stick	PBJ/Cheese stick	PBJ/Cheese Stick	PBJ/Cheese stick			
Sides	Sides	Sides	Sides			
California Blend	Garden Salad	Red Beans and Rice	Sandwich Fixins		OSTILL DAIRY	
Corn	Fries	Coleslaw	French Fries		OR AND	
Mandarin Oranges	Sandwich Fixins	Chilled Applesauce	Veggie Cups		<b>WALLE ATT</b> I have a head but cannot think.	
Or 100% Fruit Juice	Pineapple Tidbits		Fresh Fruit	No School Today	<b>WHAI</b> have eyes but cannot see.	
				TNO SCHOOL LOUAY	· · ·	
Monday, April 21	Tuesday, April 22	Wednesday, April 23	Thursday, April 24	Friday, April 25	<b>AM 17</b> I have ears but cannot hear.	
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	<b>FLIVE 5</b> I have ribs but no bones.	
Muffins or	Sausage Biscuit or	French Toast or	Pancakes or	Cinnamon Roll or		
Grab n Go	Grab n Go	Grab n Go	Grab n Go	Grab n Go		
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>		
Pizza	Popcorn Chicken	Pork Bar B Q	Breaded Chicken	Cheeseburgers		
PBJ/Cheese stick	PBJ/Cheese stick	PBJ/Cheese stick	Biscuit Sliders	PBJ/Cheese stick		
Sides	Sides	<b>Sides</b> Baked Beans	PBJ/Cheese Stick	Sides		
California Blend	Broccoli and Cheese	Cole Slaw	<b>Sides</b> French Fries	Sandwich Fixins		
Corn Mandarin Orangos	Mashed potatoes Fresh Fruit	Fresh Fruit	Mixed vegetables	French Fries Veggie Cups	potatoes (eyes), corn (ears), and celery (ribs). YUMMY!	
Mandarin Oranges Or 100% Fruit Juice	Flesh Fluit	Trestition	Chilled Pears	Fresh Fruit	Parawer: I'm a VEGETABLE GARDEN, planted with lettuce (heads), Parawer: I'm a VEGETABLE GARDEN, planted with lettuce (heads),	
OF 100 % Fruit Juice			ennied reals	riestriate	http://kidshealth.org/kid/stay_healthy/food/pyramid.html	
Monday, April 28	Tuesday, April 29	Wednesday, April 30	<b>V O</b> UR	ΝΑΤΙΟ	N'S HISTORY ★	
BREAKFAST	BREAKFAST	BREAKFAST				
Biscuit and Gravy or Grab n Go	Cinnamon Roll or Grab n Go	Sausage Biscuit or Grab n Go	he first Earth Day took place 55 years ago Earth Day			
				this mor	nth on April 22, 1970. Wisconsin April 22	
Lunch	Lunch	Lunch	*	Senator	Gaylord Nelson, a Democrat, and	
Cheese Pizza	Popcorn Chicken	Cheese Quesadilla	California Congressman Pete McCloskey, a Republican, 🤷 🤇			
PBJ/Cheese Stick	PBJ/Cheese stick	PBJ/Cheese stick	co-chaired events at schools, colleges, and parks across the			
Sides	Sides	Sides	U.S. that drew 20 million Americans outside on a Spring day to			
Green Beans	Salad	Refried Beans	make a commitment to care for the environment. Earth Day is			
Golden Corn	Fries	Golden Corn	now celebrated in nearly 200 nations around the world.			
Fruit	Sandwich Fixins	Salsa		now celebrated in nearly 2		
	Fresh Fruit	Fresh Fruit	📩 Wітн	LIBERTY &	Justice for All ★	