

Rogersville City School

Menu for APRIL

This institution is an equal opportunity provider.

STATE OF MIND.

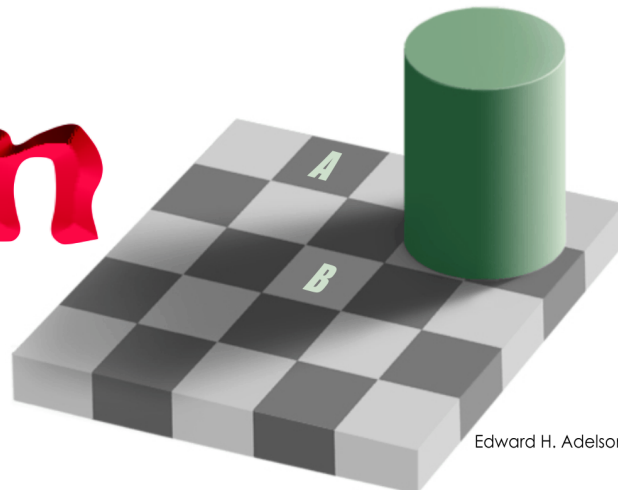
Physical activity isn't just good for your body. Regular exercise has been shown to help guard the mind against depression, too.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Only an Illusion

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

Tuesday, April 1

BREAKFAST

Cinnamon Roll or
Grab n Go

Lunch

Popcorn Chicken
PBJ/Cheese stick

Sides

Salad
Fries
Sandwich Fixins
Fresh Fruit

Wednesday, April 2

BREAKFAST

Chicken Biscuit
Grab n Go

Lunch

Turkey Sub
PBJ/Cheese stick

Sides

Green Beans
Mashed Potatoes
Gravy
Applesauce

Thursday, April 3

BREAKFAST

Pancakes or
Grab n Go

Lunch

Cheeseburger Sliders
PBJ/Cheese stick

Sides

French Fries
Veggie Cups
Fresh Fruit

Friday, April 4

BREAKFAST

Egg and toast or
Grab n Go

Lunch

Chicken Drumsticks
PBJ/Cheese stick

Sides

California Blend
Corn
Fruit Juice

Monday, April 7

BREAKFAST

Sausage Biscuit or
Grab n Go

Lunch

Pizza
PBJ/Cheese stick

Sides

Green Beans
Golden Corn
Salsa
Fresh Fruit

Tuesday, April 8

BREAKFAST

Waffles or
Grab n Go

Lunch

Chicken Fajita Wrap
PBJ/Cheese stick

Sides

Refried Beans
Golden Corn
Salsa
Apple Sauce

Wednesday, April 9

BREAKFAST

French Toast or
Grab n Go

Lunch

Pork Bar B Q
PBJ/Cheese stick

Sides

Baked Beans
Cole Slaw
Fresh Fruit

Thursday, April 10

BREAKFAST

Muffins or
Grab n Go

Lunch

PBJ/Cheese stick
Or Breakfast for
Lunch

Scrambled Eggs
Sausage
Gravy and Biscuit

Sides

Tater Tots

Friday, April 11

BREAKFAST

Biscuit and Gravy or
Grab n Go

Lunch

Breaded Chicken
PBJ/Cheese Stick

Sides

French Fries
Sandwich Fixins
Mixed Vegetables
Chilled Pears

NUTRITION TO GO

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.

A QUICK BITE FOR PARENTS

Monday, April 14

BREAKFAST

Egg and Toast or
Grab n Go

Lunch

Pepperoni Pizza
PBJ/Cheese stick

Sides

California Blend
Corn
Mandarin Oranges
Or 100% Fruit Juice

Tuesday, April 15

BREAKFAST

Waffles or
Grab n Go

Lunch

Italian Sub
PBJ/Cheese stick

Sides

Garden Salad
Fries
Sandwich Fixins
Pineapple Tidbits

Wednesday, April 16

BREAKFAST

Pancakes or
Grab n Go

Lunch

Fish Sticks
PBJ/Cheese Stick

Sides

Red Beans and Rice
Coleslaw
Chilled Applesauce

Thursday, April 17

BREAKFAST

French Toast or
Grab n Go

Lunch

Cheeseburgers
PBJ/Cheese stick

Sides

Sandwich Fixins
French Fries
Veggie Cups
Fresh Fruit

Friday, April 18

Good Friday



No School Today



WHAT AM I? I have a head but cannot think.
I have eyes but cannot see.
I have ears but cannot hear.
I have ribs but no bones.



Answer: I'm a VEGETABLE GARDEN, planted with lettuce (heads), potatoes (eyes), corn (ears), and celery (ribs). YUMMY!

Learn more at www.CHOOSEMYPLATE.gov or
http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, April 21

BREAKFAST

Muffins or
Grab n Go

Lunch

Pizza
PBJ/Cheese stick

Sides

California Blend
Corn
Mandarin Oranges
Or 100% Fruit Juice

Tuesday, April 22

BREAKFAST

Sausage Biscuit or
Grab n Go

Lunch

Popcorn Chicken
PBJ/Cheese stick

Sides

Broccoli and Cheese
Mashed potatoes
Fresh Fruit

Wednesday, April 23

BREAKFAST

French Toast or
Grab n Go

Lunch

Pork Bar B Q
PBJ/Cheese stick

Sides

Baked Beans
Cole Slaw
Fresh Fruit

Thursday, April 24

BREAKFAST

Pancakes or
Grab n Go

Lunch

Breaded Chicken
Biscuit Sliders
PBJ/Cheese Stick

Sides

French Fries
Mixed vegetables
Chilled Pears

Friday, April 25

BREAKFAST

Cinnamon Roll or
Grab n Go

Lunch

Cheeseburgers
PBJ/Cheese stick

Sides

Sandwich Fixins
French Fries
Veggie Cups
Fresh Fruit

Monday, April 28

BREAKFAST

Biscuit and Gravy or
Grab n Go

Lunch

Cheese Pizza
PBJ/Cheese Stick

Sides

Green Beans
Golden Corn
Fruit

Tuesday, April 29

BREAKFAST

Cinnamon Roll or
Grab n Go

Lunch

Popcorn Chicken
PBJ/Cheese stick

Sides

Salad
Fries
Sandwich Fixins
Fresh Fruit

Wednesday, April 30

BREAKFAST

Sausage Biscuit or
Grab n Go

Lunch

Cheese Quesadilla
PBJ/Cheese stick

Sides

Refried Beans
Golden Corn
Salsa
Fresh Fruit

★ **OUR NATION'S HISTORY** ★

Earth Day April 22

The first Earth Day took place 55 years ago this month on April 22, 1970. Wisconsin Senator Gaylord Nelson, a Democrat, and California Congressman Pete McCloskey, a Republican, co-chaired events at schools, colleges, and parks across the U.S. that drew 20 million Americans outside on a Spring day to make a commitment to care for the environment. Earth Day is now celebrated in nearly 200 nations around the world.

Keep it clean

★ **WITH LIBERTY & JUSTICE FOR ALL** ★