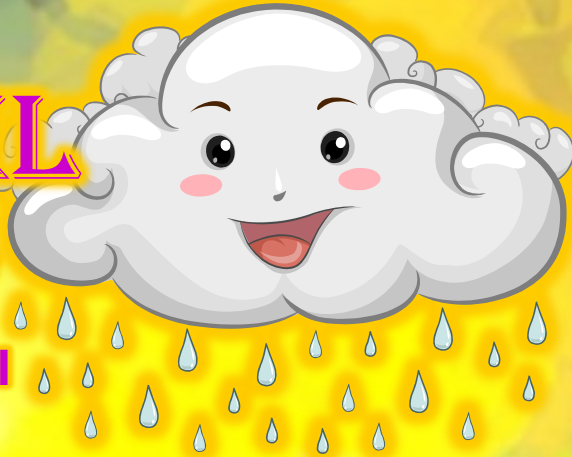


MENUS FOR

APRIL 2024

Roseville City School District



This institution is an equal opportunity provider. Menus are subject to change.

WORLD'S GREATEST APRIL FOOLS 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!

★ OUR NATION'S HISTORY ★

The 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



No School Today

Tuesday, April 2

Breakfast
CHEESEY BREADSTICKS OR CONTINENTAL BREAKFAST

Lunch
BREAKFAST FOR LUNCH (MINI PANCAKES, HASHBROWN & YOGURT) OR TURKEY & CHEESE SANDWICH

Wednesday, April 3

Breakfast
BREAKFAST SANDWICH OR CONTINENTAL BREAKFAST

Lunch
CHEESE PIZZA OR CHEESEBURGER & FRIES

Thursday, April 4

Breakfast
MINI PANCAKES OR CONTINENTAL BREAKFAST

Lunch
CHEESEY BREADSTICKS OR ORANGE CHICKEN BOWL

Friday, April 5

Breakfast
CINNAMON ROLL OR CONTINENTAL BREAKFAST

Lunch
BEAN AND CHEESE BURRITO OR CRUNCHY FISH STICKS & CHIPS
COOKIE

Monday, April 8

Breakfast
BREAKFAST PIZZA OR CONTINENTAL BREAKFAST

Lunch
GRILLED CHEESE OR CHICKEN NUGGETS

Tuesday, April 9

Breakfast
YOGURT PARFAIT OR CONTINENTAL BREAKFAST

Lunch
BREAKFAST FOR LUNCH (MINI PANCAKES, HASHBROWN & YOGURT) OR PASTA WITH MEAT SAUCE

Wednesday, April 10

Breakfast
SCONES OR CONTINENTAL BREAKFAST

Lunch
CHEESE PIZZA OR CHICKEN PATTY SANDWICH

Thursday, April 11

Breakfast
CINNI MINI OR CONTINENTAL BREAKFAST

Lunch
CHEESEY BREADSTICKS OR TERIYAKI CHICKEN BOWL

Friday, April 12

Breakfast
FRENCH TOAST STICKS OR CONTINENTAL BREAKFAST

Lunch
MAC AND CHEESE OR CORN DOG
COOKIE

NUTRITION TO GO

Asparagus lovers debate whether thin or thick spears are better. The answer? It's really just a matter of personal preference. Thinner spears aren't younger or fresher – they just grow farther out from the central plant. Whether you like thick or thin, avoid shriveled stalks or mushy heads.

A QUICK BITE FOR PARENTS



Monday, April 15

Breakfast
MINI WAFFLES
OR
CONTINENTAL
BREAKFAST

Lunch
GRILLED CHEESE
OR
BEEF AND CHEESE
TACO

Tuesday, April 16

Breakfast
CHEESEY
BREADSTICKS
OR
CONTINENTAL
BREAKFAST

Lunch
BREAKFAST FOR LUNCH
(MINI PANCAKES,
HASHBROWN &
YOGURT)
OR
TURKEY & CHEESE
SANDWICH

Wednesday, April 17

Breakfast
BREAKFAST
SANDWICH
OR
CONTINENTAL
BREAKFAST

Lunch
CHEESE PIZZA
OR
CHEESEBURGER
& FRIES

Thursday, April 18

Breakfast
MINI PANCAKES
OR
CONTINENTAL
BREAKFAST

Lunch
CHEESEY
BREADSTICKS
OR
ORANGE CHICKEN
BOWL

Friday, April 19

Breakfast
CINNAMON ROLL
OR
CONTINENTAL
BREAKFAST

Lunch
CHEF'S CHOICE

COOKIE

Monday, April 22

Breakfast
BREAKFAST PIZZA
OR
CONTINENTAL
BREAKFAST

Lunch
GRILLED CHEESE
OR
CHICKEN NUGGETS

Tuesday, April 23

Breakfast
YOGURT PARFAIT
OR
CONTINENTAL
BREAKFAST

Lunch
BREAKFAST FOR LUNCH
(MINI PANCAKES,
HASHBROWN &
YOGURT)
OR
PASTA WITH MEAT
SAUCE

Wednesday, April 24

Breakfast
SCONES
OR
CONTINENTAL
BREAKFAST

Lunch
CHEESE PIZZA
OR
CHICKEN PATTY
SANDWICH

Thursday, April 25

Breakfast
CINNI MINI
OR
CONTINENTAL
BREAKFAST

Lunch
CHEESEY
BREADSTICKS
OR
TERIYAKI CHICKEN
BOWL

Friday, April 26

Breakfast
FRENCH TOAST
STICKS OR
CONTINENTAL
BREAKFAST

Lunch
MAC AND CHEESE
OR
CORN DOG

COOKIE

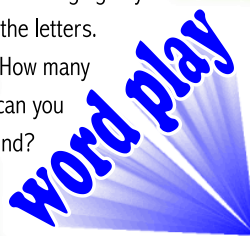
THEREIN

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, herein, ere, re, rein, in



Monday, April 29

Breakfast
MINI WAFFLES
OR
CONTINENTAL
BREAKFAST

Lunch
GRILLED CHEESE
OR
BEEF AND CHEESE
TACO

Tuesday, April 30

Breakfast
CHEESEY
BREADSTICKS
OR
CONTINENTAL
BREAKFAST

Lunch
BREAKFAST FOR LUNCH
(MINI PANCAKES,
HASHBROWN &
YOGURT)
OR
TURKEY & CHEESE
SANDWICH

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!