

Menus for April 2024

Forbes and Southwest Elementary Schools



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

Available Daily

Alternate Meals:

- ◆ Chef Salad
- ◆ SBJ/PBJ
- ◆ Bagel Box

Your complete lunch will also include:


Rainbow Tray including: Locally Grown Fruits and Veggies (when Available) as well as Canned

8 oz Milk (Lowfat White or Flavored)



★ OUR NATION'S HISTORY ★

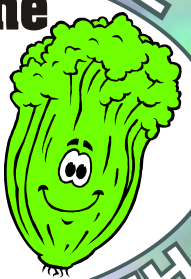
The Library of Congress was born on April 24, 1800, when President John Adams approved spending \$5,000 for “such books as may be necessary for the use of congress.” With this money, 740 books and three maps were purchased to start the collection. The permanent library building wasn’t finished until 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	Tuesday, April 2	Wednesday, April 3	Thursday, April 4	Friday, April 5
<p><u>Breakfast</u> Assorted Muffins Fruit/Juice Milk</p> <p><u>Lunch</u> French Toast Sticks Or Boars Head Ham & Cheese Turkey Sausage Patty Hash Brown Potato</p>	<p><u>Breakfast</u> Egg & Cheese on an English Muffin Fruit/Juice Milk</p> <p><u>Lunch</u> Chicken Street Tacos with Salsa Or Boars Head Turkey & Cheese Steamed Brown Rice Sweet Corn</p>	<p><u>Breakfast</u> Cinnamon Roll Fruit/Juice Milk</p> <p><u>Lunch</u> Hot Dog on a Roll Or Boars Head Ham & Cheese French Fries Baked Beans Steamed Carrots</p>	<p><u>Breakfast</u> Pancakes Fruit/Juice Milk</p> <p><u>Lunch</u> Meatball Grinders with Melted Mozzarella Cheese Or Boars Head Turkey & Cheese Garden Salad</p>	<p><u>Breakfast</u> Apple Frudel Fruit/Juice Milk</p> <p><u>Lunch</u> Stuffed Crust Cheese Pizza or Boars Head Ham & Cheese Mixed Greens Salad with Tomatoes</p>
Monday, April 8	Tuesday, April 9	Wednesday, April 10	Thursday, April 11	Friday, April 12
<p><u>Breakfast</u> Breakfast Pizza Fruit/Juice Milk</p> <p><u>Lunch</u> Chicken & Vegetable Dumplings Or Boars Head Turkey & Cheese Oriental Blend Vegetables Seasoned Brown Rice</p>	<p><u>Breakfast</u> Maple Waffles Fruit/Juice Milk</p> <p><u>Lunch</u> Pizza Max Sticks with Marinara Sauce or Boars Head Ham & Cheese Garden Salad</p>	<p><u>Breakfast</u> Cinnamon Roll Fruit/Juice Milk</p> <p><u>Lunch</u> Toasted Cheese Sandwich Or Boars Head Turkey & Cheese Steamed Broccoli Sweet Potato Fries</p>	<p><u>Breakfast</u> Assorted Muffins Fruit/Juice Milk</p> <p><u>Lunch</u> Hamburger or Cheeseburger Or Boars Head Ham & Cheese Oven Fries Steamed Veggies</p>	<p><u>Breakfast</u> Assorted Donuts Fruit/Juice Milk</p> <p><u>Lunch</u> Cheese Pizza or Boars Head Ham & Cheese Romaine Lettuce Salad</p>

VEGETABLE
Romaine
 Romaine lettuce contains six times more vitamin C, four times more calcium, and ten times more beta carotene than ordinary iceberg lettuce, and it's very high in folic acid, too. Best of all, it has more flavor!
OF THE MONTH



Now Appearing . . .
SPRING BREAK!
 A FUN!FUN!FUN! PRODUCTION. STARRING YOU AND YOUR FRIENDS. SPECIAL LIMITED ENGAGEMENT.
 Break begins at the end of classes:
Friday, April 12
 Classes resume:
Monday, April 22



Earth Day
 April 22

Monday, April 22
Breakfast
 Assorted Muffin
 Fruit/Juice
 Milk
Lunch
 French Toast Sticks
 Or
 Boars Head Ham & Cheese
 Turkey Sausage Patty
 Hash Brown Potato

Tuesday, April 23
Breakfast
 Mini Cornbread Loaf
 Fruit/Juice
 Milk
Lunch
 Mini Tacos with Lettuce & Tomato
 Or
 Boars Head Turkey & Cheese
 Steamed Brown Rice
 Tostito Scoops

Wednesday, April 24
Breakfast
 Breakfast Pizza
 Fruit/Juice
 Milk
Lunch
 Egg & Turkey Sausage Patty on an English Muffin
 Or
 Boars Head Ham & Cheese
 Hash Brown Potatoes

Thursday, April 25
Breakfast
 Bagel with Cream Cheese
 Fruit/Juice
 Milk
Lunch
 Chicken Patty on a Roll
 Or
 Boars Head Turkey & Cheese
 Sweet Potato Fries
 Steamed Carrots

Friday, April 26
Breakfast
 Cinnamon French Toast
 Fruit/Juice
 Milk
Lunch
 Stuffed Crust Cheese Pizza
 or
 Boars Head Ham & Cheese
 Romaine Lettuce Salad

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

Word play

Monday, April 29
Breakfast
 Cinnamon Crumb Cake
 Fruit/Juice
 Milk
Lunch
 Bosco Sticks with Marinara
 Or
 Boars Head Ham & Cheese
 Steamed Broccoli

Tuesday, April 30
Breakfast
 Snackin Waffles
 Fruit/Juice
 Milk
Lunch
 Pasta & Meatsauce
 Or
 Boars Head Turkey & Cheese
 Garden Salad
 Garlic Breadstick

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!

