

MENUS FOR APRIL

2024

Ganado Unified School District #20



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

DON'T 4GET!

To make a lunch, choose at least one



GANADO SCHOOL DISTRICT CHILD NUTRITION SERVICES

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!

See the back page for more all-time great pranks!

★ 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

Breakfast

WG Breakfast Pizza,
Cheese Stick,
Fruit Cups,
Choice of Milk

Lunch

WG Pig N Blanket
Baked Beans
French Fries
Celery Sticks
Fresh Fruit
Choice of Milk

HS,MS Alternate Choice

Tuesday, April 2

Breakfast

Hot or Cold Cereal,
WG Toast, Jelly,
Fresh Banana
Choice of Milk

Lunch

Chicken Bowl
Mashed Potato
WG Slice Bread
Green Peas
Fruit Mix
Choice of Milk

HS,MS Alternate Choice

Wednesday, April 3

Breakfast

Breakfast Burrito,
Fresh Salsa,
Orange Slices
Choice of Milk

Lunch

Red Pozole
WG Cornbread
Romaine Salad
Ranch Dressing
Fresh Fruit
Choice of Milk

HS,MS Alternate Choice

Thursday, April 4

Breakfast

Toasted English
Muffin, Hash Brown
Casserole, Mix Berries,
Choice of Milk

Lunch

Chicken Fajitas
Shred Lettuce, Tomato
Spanish Rice
Pinto Beans
Fresh Apple
Choice of Milk

HS,MS Alternate Choice

Friday, April 5

Breakfast

Brown Rice with
Raisins, Scrambled
Eggs, Fresh Fruits
Choice of Milk

Lunch

Beef Enchilada Bake
Cilantro Lime Br. Rice
Refried Beans
Mexicali Corn
Fruit Mix
Choice of Milk

HS, MS Alternate Choice

Monday, April 8

Breakfast

French Toast Sticks,
Syrup, Asst. Juice,
Banana, Choice of
Milk

Lunch

Turkey Sub Sandwich
Gr. Leaf/Tomato
Chicken Soup
Carrot Sticks
Fresh Fruit
Choice of Milk

HS,MS Alternate Choice

Tuesday, April 9

Breakfast

Breakfast Burrito,
Fresh Apple,
Orange Smiles,
Choice of Milk

Lunch

Beef Taco's
Shred Lettuce, Tomato
Spanish Rice
Refried Beans
Fresh Apple
Choice of Milk

HS,MS Alternate Choice

Wednesday, April 10

Breakfast

Yellow Cornmeal,
Graham Crackers,
Fresh Pears,
Choice of Milk

Lunch

Chicken Nachos
Romaine Salad
Celery Sticks
Ranch Dressing
Fresh Fruit
Choice of Milk

HS,MS Alternate Choice

Thursday, April 11

Breakfast

Scrambles Eggs w/
Sausage, WG Toast,
Jam, Fresh Fruits
Choice of Milk

Lunch

Spaghetti Noodles
w/Meat Sauce
Green Beans
WG Bread Stick
Fresh Fruit
Choice of Milk

HS,MS Alternate Choice

Friday, April 12

Breakfast

Blueberry Muffin,
Yogurt, Asst. Juice,
Fresh Grapes,
Choice of Milk

Lunch

WG Pepperoni Pizza
Romaine Salad
Ranch Dressing
Carrot Sticks
Fresh Fruit
Choice of Milk

HS,MS Alternate Choice



Available Daily

Monday: Corndogs
 Tuesday: Taco's
 Wednesday: Hamburger
 Thursday: Bean Burrito
 Friday: Cook's Choice

Menu are Subject to Change

Monday, April 15

Breakfast
 Breakfast Taco, Salsa,
 Assorted Juice,
 Fresh Fruits,
 Choice of Milk

Lunch
 Native Taco w/
 WG Fry Bread
 Shred Lettuce, Tomato
 Salsa
 Mixed Berries
 Choice of Milk
 HS,MS Alternate Choice

Tuesday, April 16

Breakfast
 WG Pancakes, Syrup,
 Grapes, Cinnamon
 Apples Slices,
 Choice of Milk

Lunch
 Pulled BBQ Pork on
 WG Homemade Bun
 French Fries
 Celery Sticks
 Fresh Fruit
 Choice of Milk
 HS,MS Alternate Choice

Wednesday, April 17

Breakfast
 Hot or Cold Cereal,
 WG Graham Crackers,
 Asst. Juice, Banana,
 Choice of Milk

Lunch
 Beef Shepherd's Pie
 WG Dinner Roll
 Tossed Salad
 Ranch Dressing
 Strawberries/Banana
 Choice of Milk
 HS,MS Alternate Choice

Thursday, April 18

Breakfast
 Cinnamon Rolls,
 Boiled Egg, Tater Tots,
 Fresh Fruits
 Choice of Milk

Lunch
 Gr. Chili Chicken Soup
 WG Cornbread
 Baby Carrots
 Steamed Broccoli
 Fresh Fruit
 Choice of Milk
 HS, MS Alternate Choice

Friday, April 19

Breakfast
 Blueberry Muffin,
 Assorted Yogurt,
 Banana,
 Choice of Milk

Lunch
 Hamburger on
 WG Homemade Bun
 Gr Leaf/Tomato
 Potato Wedges
 Fruit Cups
 Choice of Milk
 HS, MS Alternate Choice



Earth Day

April 22

Monday, April 22

Breakfast
 Egg & Sausage
 Sandwich, Asst. Juice,
 Fresh Fruit
 Choice of Milk

Lunch
 Turkey Deli Wrap
 w/ Green Leaf,
 Celery Sticks
 Pasta Salad
 Fresh Orange
 Choice of Milk
 HS, MS Alternate Choice

Tuesday, April 23

Breakfast
 Cream of Wheat, WG
 Toast, Jelly, Asst. Juice
 Fresh Grapes,
 Choice of Milk

Lunch
 Chicken Sandwich
 Gr Leaf, Tomato
 Carrot Sticks
 Coleslaw
 Fresh Fruit
 Choice of Milk
 HS, MS Alternate Choice

Wednesday, April 24

Breakfast
 Western Omelet
 Quesadilla, Salsa
 Apple, Strawberries,
 Choice of Milk

Lunch
 Bean Burrito
 Mexicali Corn
 Romaine Salad
 Ranch Dressing
 Fresh Fruit
 Choice of Milk
 HS,MS Alternate Choice

Thursday, April 25

Breakfast
 Blueberry Muffin,
 Asst. Yogurt,
 Fresh Pears
 Choice of Milk

Lunch
 Grilled Cheese Sand.
 Tomato Soup
 Celery Sticks
 Potato Wedges
 Fresh Fruit
 Choice of Milk
 HS,MS Alternate Choice

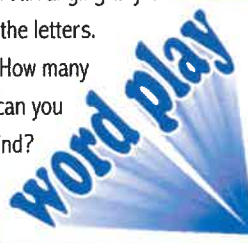
Friday, April 26

Breakfast
 Baked French Toast,
 Syrup, Kiwi,
 Applesauce
 Choice of Milk

Lunch
 Sloppy Joe
 French Fries
 Steamed Carrot
 Baked Beans
 Fruit Mix
 Choice of Milk
 HS, MS Alternate Choice

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, here, her, here, herein, ere, re, rein, in

Monday, April 29

Breakfast
 WG Breakfast Pizza,
 Assorted Juice,
 Fruit Cups,
 Choice of Milk

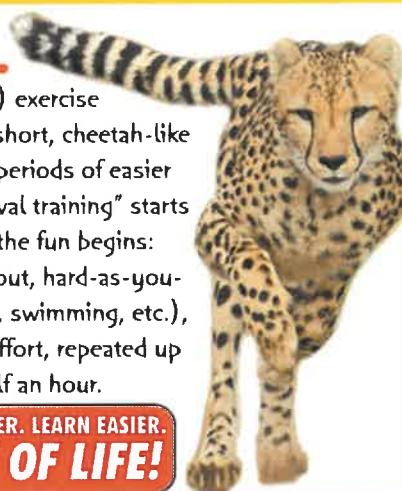
Lunch
 WG Pig N Blanket
 Baked Beans
 French Fries
 Celery Sticks
 Fresh Fruit
 Choice of Milk
 HS,MS Alternate Choice

Tuesday, April 30

Breakfast
 Hot or Cold Cereal,
 WG Toast, Jelly,
 Fresh Banana
 Choice of Milk

Lunch
 Red Pozole
 WG Flour Tortilla
 Romaine Salad
 Ranch Dressing
 Fresh Fruit
 Choice of Milk
 HS,MS Alternate Choice

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!