

YOU.
MENUS FOR
APRIL 2018

Willsboro Central School

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



TIME TO BLOSSOM.

The flowers are coming out of hiding - and so should you! That resolution to exercise more that seemed so hard in the cold light of January is much more do-able as the weather warms!



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

BEAK EFFICIENCY.

The Tufted Puffin of the North Pacific eats mostly small fish that it catches as it swims. It may carry several dozen fish all at once in its big beak back to its young in the nest!



Photo by Nature's Pics

ANIMAL APPETITES

OUR NATION'S HISTORY

WITH LIBERTY & JUSTICE FOR ALL

The Pony Express debuted on April 3, 1860 when a rider left St. Joseph, Missouri with mail destined for Sacramento, California. Previously, mail had to travel from the East to the Golden State by slow stagecoaches, or by boat all the way around South America. But by swapping horses every 10 miles, changing riders every 100, and riding 24 hours a day, non-stop, the Pony Express could deliver the mail in just 10 days! The operation didn't last long - soon enough, the transcontinental telegraph could deliver short messages almost instantaneously, and larger mail could be transported cross-country by train.



Put them together and they add up to FUN!



Last day of classes: Thursday March 29
 Classes resume: Monday, April 9

Monday, April 9

Breakfast
 BAGEL, CEREAL, DAILY SPECIAL
 FRUIT/MILK

Lunch
 TACO
 RICE/BROCCOLI
 CHILLED PEACH MILK

Tuesday, April 10

Breakfast
 BAGEL, CEREAL, DAILY SPECIAL
 FRUIT/MILK

Lunch
 PIZZA
 TOSSED SALAD
 STRAWBERRIES MILK

Wednesday, April 11

Breakfast
 BAGEL, CEREAL, DAILY SPECIAL
 FRUIT/MILK

Lunch
 HOT TURKEY
 MASHED POTATO
 CORN/BANANA MILK

Thursday, April 12

Breakfast
 BAGEL, CEREAL, DAILY SPECIAL
 FRUIT/MILK

Lunch
 SWEET/SOUR CHICKEN
 GREEN BEANS
 PEARS/MILK

Friday, April 13

Breakfast
 BAGEL, CEREAL, DAILY SPECIAL
 FRUIT/MILK

Lunch
 STIR FRY
 RICE
 BROCCOLI
 APPLESAUCE MILK

Available

PBJ OFFERED DAILY

CHICKEN NUGGETS

MONDAY, WEDNESDAY,

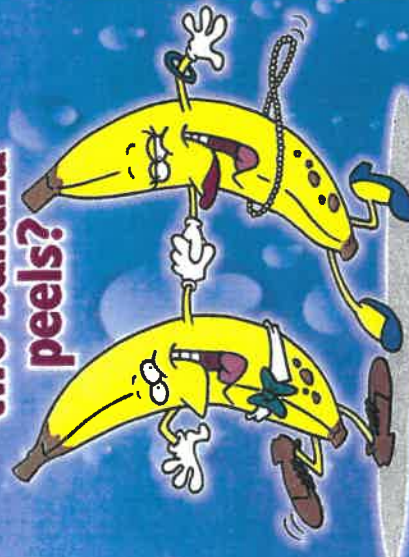
FRIDAY

MENU SUBJECT TO CHANGE

What's on
YOUR
plate?



Q: What do you call two banana peels?



A: A pair of slippers!

Learn more at www.CHOOSEMYPLATE.gov or <http://kidshealth.org/kid/istay/healthy/food/pyramid.html>

Monday, April 16

Breakfast

BAGEL, CEREAL, DAILY SPECIAL
FRUIT/MILK

Lunch

TOMATO SOUP
GRILLED CHEESE
VEGGIE TRAY
STRAWBERRIES
MILK

Tuesday, April 17

Breakfast

BAGEL, CEREAL, DAILY SPECIAL
FRUIT/MILK

Lunch

WCS BURGER
BAKED FRIES
BAKED BEANS
PEACHES
MILK

Wednesday, April 18

Breakfast

BAGEL, CEREAL, DAILY SPECIAL
FRUIT/MILK

Lunch

PIZZA
TOSSED SALAD
PEARS
MILK

Thursday, April 19

Breakfast

BAGEL, CEREAL, DAILY SPECIAL
FRUIT/MILK

Lunch

TURKEY SUB
SALSA/CHIPS
VEGGIE/FRUIT
MILK

Friday, April 20

Breakfast

BAGEL, CEREAL, DAILY SPECIAL
FRUIT/MILK

Lunch

REBER PASTA
TOSSED SALAD
BANANA
MILK

Monday, April 23

Breakfast

BAGEL, CEREAL, DAILY SPECIAL
FRUIT/MILK

Lunch

BUFFALO WRAP
BROCCOLI
PEACHES
MILK

Tuesday, April 24

Breakfast

BAGEL, CEREAL, DAILY SPECIAL
FRUIT/MILK

Lunch

LOADED NACHO
CORN
PEARS/MILK

Wednesday, April 25

Breakfast

BAGEL, CEREAL, DAILY SPECIAL
FRUIT/MILK

Lunch

PIZZA
TOSSED SALAD
APPLESAUCE
MILK

Thursday, April 26

Breakfast

BAGEL, CEREAL, DAILY SPECIAL
FRUIT/MILK

Lunch

MICHIGAN
BAKED FRIES
BAKED BEANS
FRUIT/MILK

Friday, April 27

Breakfast

BAGEL, CEREAL, DAILY SPECIAL
FRUIT/MILK

Lunch

HOT HAM/CHEESE
CARROTS
FRUIT/MILK

WONDERS OF THE WORLD

When the Great Pyramid was built as a tomb for an Egyptian ruler around 2560 BC, it was easily the tallest man-made structure in the world at 481 feet high. Nearly 4,000 years later,

it was STILL the world's tallest structure, until the completion of England's Lincoln Cathedral, which reached 325 feet into the sky in 1311. When the Washington Monument became the world's tallest at 555 feet more than 500 years later in 1884, it was still only about 100 feet taller than the Great Pyramid at Giza.

THE GREAT PYRAMID AT GIZA, EGYPT