

District, school name, or other information here or delete

menus for

APRIL

2021

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

SPEED OF FLIGHT

Peregrine Falcon Fastest Animal on Earth!

Peregrine Falcons mainly hunt other birds – birds as small as a hummingbird and as big as a seagull! Their favorite target in much of their range is the pigeon. Peregrines will climb way, way up in the sky and then suddenly drop sharply into an ultra-streamlined dive, or “stoop,” reaching 200 miles per hour or more before contact! Poor pigeons!

ANIMAL APPETITES

Keep up the fight!

Another round of stimulus checks and other kinds of help are going out for American families and businesses, as we all try to fight through this pandemic and reach a brighter day. Free school meals are a big part of that effort. Whether your free meals are available at school, for curbside pick-up, or by some other means, we urge you, for the good of your family, our schools, and our community, to please take advantage of this stimulus, too!

School Meals
We serve education every day™

Thursday, April 1

Breakfast
Type your breakfast choices here, or delete this section

Lunch
Entree One
or Entree Two
Sides and Extras

Friday, April 2

Breakfast
Type your breakfast choices here, or delete this section

Lunch
Entree One
or Entree Two
Sides and Extras

Monday, April 5

Breakfast
Type your breakfast choices here, or delete this section

Lunch
Entree One
or Entree Two
Sides and Extras

Tuesday, April 6

Breakfast
Type your breakfast choices here, or delete this section

Lunch
Entree One
or Entree Two
Sides and Extras

Wednesday, April 7

Breakfast
Type your breakfast choices here, or delete this section

Lunch
Entree One
or Entree Two
Sides and Extras

Thursday, April 8

Breakfast
Type your breakfast choices here, or delete this section

Lunch
Entree One
or Entree Two
Sides and Extras

Friday, April 9

Breakfast
Type your breakfast choices here, or delete this section

Lunch
Entree One
or Entree Two
Sides and Extras

Monday, April 12

Breakfast
Type your breakfast choices here, or delete this section

Lunch
Entree One
or Entree Two
Sides and Extras

Tuesday, April 13

Breakfast
Type your breakfast choices here, or delete this section

Lunch
Entree One
or Entree Two
Sides and Extras

Wednesday, April 14

Breakfast
Type your breakfast choices here, or delete this section

Lunch
Entree One
or Entree Two
Sides and Extras

Thursday, April 15

Breakfast
Type your breakfast choices here, or delete this section

Lunch
Entree One
or Entree Two
Sides and Extras

Friday, April 16

Breakfast
Type your breakfast choices here, or delete this section

Lunch
Entree One
or Entree Two
Sides and Extras

Monday, April 19

Breakfast

Type your breakfast choices here, or delete this section

Lunch

Entree One
or Entree Two
Sides and Extras

Tuesday, April 20

Breakfast

Type your breakfast choices here, or delete this section

Lunch

Entree One
or Entree Two
Sides and Extras

Wednesday, April 21

Breakfast

Type your breakfast choices here, or delete this section

Lunch

Entree One
or Entree Two
Sides and Extras

Thursday, April 22

Breakfast

Type your breakfast choices here, or delete this section

Lunch

Entree One
or Entree Two
Sides and Extras

Friday, April 23

Breakfast

Type your breakfast choices here, or delete this section

Lunch

Entree One
or Entree Two
Sides and Extras

Monday, April 26

Breakfast

Type your breakfast choices here, or delete this section

Lunch

Entree One
or Entree Two
Sides and Extras

Tuesday, April 27

Breakfast

Type your breakfast choices here, or delete this section

Lunch

Entree One
or Entree Two
Sides and Extras

Wednesday, April 28

Breakfast

Type your breakfast choices here, or delete this section

Lunch

Entree One
or Entree Two
Sides and Extras

Thursday, April 29

Breakfast

Type your breakfast choices here, or delete this section

Lunch

Entree One
or Entree Two
Sides and Extras

Friday, April 30

Breakfast

Type your breakfast choices here, or delete this section

Lunch

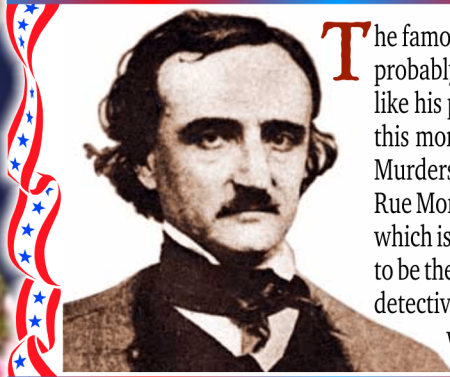
Entree One
or Entree Two
Sides and Extras



Long ago, sailors used to suffer from a condition called "scurvy," until British sailors started taking a certain fruit (which contained a lot of vitamin C) with them on their voyages. Like magic, no more scurvy! To identify these magical fruits, trace a path through the maze, collecting letters as you go. Then, rearrange the letters you found on the correct path to get the answer!



★ OUR NATION'S HISTORY ★



The famous American writer Edgar Allen Poe is probably best remembered for spooky works like his poem "The Raven," but 168 years ago this month, in April 1841, he published "The Murders in the Rue Morgue," which is considered to be the very first detective story ever written.

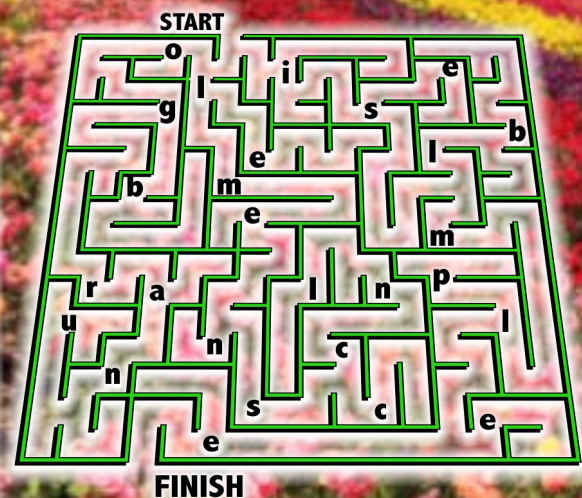


★ WITH LIBERTY & JUSTICE FOR ALL ★

THE PONY EXPRESS



The Pony Express began its 2,000-mile service from Missouri to California in April 1860. The cost was \$10 per ounce of mail, and delivery time was about 10 days.



ANSWER: _____

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