

Roslyn Public Schools  
menus for

# APRIL

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

*The original value meal is  
more valuable than ever!*

All of our complete meals are  
**NO CHARGE**  
for all students

**School Meals**  
*We serve education every day™*

Thursday, April 1

**No  
School**



Friday, April 2

**No  
School**



# 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**

Monday, April 5

Lunch

**No  
School**



Tuesday, April 6

Lunch

Choice of Sandwiches  
Turkey, Turkey & Cheese /  
Ham/Tuna/ Egg Salad/  
Jelly/ Yogurt/Yogurt Parfait  
Jr. Salad w/ Tuna /Egg  
Salad/or Turkey/ Cheese or  
Plain Vegetable/ Fruit/  
Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken  
Patty  
**Elementary**  
Ham/Cheeseburger /  
Chicken Patty

Wednesday, April 7

Lunch

Choice of Sandwiches  
Turkey, Turkey & Cheese /  
Ham/Tuna/Egg Salad/  
Jelly/ Yogurt/Yogurt  
Parfait Jr. Salad w/ Tuna /  
Egg Salad/or Turkey/  
Cheese or Plain  
Vegetable/  
Fruit/Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken  
Patty

Thursday, April 8

Lunch

Choice of Sandwiches  
Turkey, Turkey & Cheese /  
Ham/Tuna/ Egg Salad/Jelly/  
Yogurt/Yogurt Parfait Jr.  
Salad w/ Tuna /Egg Salad/  
or Turkey/ Cheese or Plain  
Vegetable/ Fruit/Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken  
Patty  
**Elementary**  
Ham/Cheeseburger /  
Chicken Patty

Friday, April 9

Lunch

Choice of Sandwiches  
Turkey, Turkey & Cheese /  
Ham/Tuna/Egg Salad/Jelly/  
Yogurt/Yogurt Parfait Jr.  
Salad w/ Tuna /Egg Salad/  
or Turkey/ Cheese or Plain  
Vegetable/  
Fruit/Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken  
Patty

Monday, April 12

Lunch

Choice of Sandwiches  
Turkey, Turkey & Cheese /  
Ham/Tuna/Egg Salad/Jelly/  
Yogurt/Yogurt Parfait Jr.  
Salad w/ Tuna /Egg Salad/  
or Turkey/ Cheese or Plain  
Vegetable/  
Fruit/Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken  
Patty

Tuesday, April 13

Lunch

Choice of Sandwiches  
Turkey, Turkey & Cheese /  
Ham/Tuna/ Egg Salad/Jelly/  
Yogurt/Yogurt Parfait Jr.  
Salad w/ Tuna /Egg Salad/  
or Turkey/ Cheese or Plain  
Vegetable/ Fruit/Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken  
Patty  
**Elementary**  
Ham/Cheeseburger /  
Chicken Patty

Wednesday, April 14

Lunch

Choice of Sandwiches  
Turkey, Turkey & Cheese /  
Ham/Tuna/Egg Salad/Jelly/  
Yogurt/Yogurt Parfait Jr.  
Salad w/ Tuna /Egg Salad/  
or Turkey/ Cheese or Plain  
Vegetable/  
Fruit/Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken

Thursday, April 15

Lunch

Choice of Sandwiches  
Turkey, Turkey & Cheese /  
Ham/Tuna/ Egg Salad/  
Jelly/ Yogurt/Yogurt Parfait  
Jr. Salad w/ Tuna /Egg  
Salad/or Turkey/ Cheese or  
Plain Vegetable/ Fruit/Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken  
Patty  
**Elementary**  
Ham/Cheeseburger /  
Chicken Patty

Friday, April 16

Lunch

Choice of Sandwiches  
Turkey, Turkey & Cheese /  
Ham/Tuna/Egg Salad/Jelly/  
Yogurt/Yogurt Parfait Jr.  
Salad w/ Tuna /Egg Salad/  
or Turkey/ Cheese or Plain  
Vegetable/  
Fruit/Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken  
Patty



Monday, April 19

**Lunch**

Choice of Sandwiches  
Turkey, Turkey &Cheese /  
Ham/Tuna/Egg Salad/Jelly/  
Yogurt/Yogurt Parfait Jr.  
Salad w/ Tuna /Egg Salad/  
or Turkey/ Cheese or Plain  
Vegetable/  
Fruit/Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken

Tuesday, April 20

**Lunch**

Choice of Sandwiches  
Turkey, Turkey &Cheese /  
Ham/Tuna/Egg Salad/Jelly/  
Yogurt/Yogurt Parfait Jr.  
Salad w/ Tuna /Egg Salad/  
or Turkey/ Cheese or Plain  
Vegetable/ Fruit/Milk  
High School  
**Choice of Hamburger/  
Cheeseburger/ Chicken  
Patty**  
**Elementary**  
Ham/Cheeseburger /  
Chicken Patty

Wednesday, April 21

**Lunch**

Choice of Sandwiches  
Turkey, Turkey &Cheese /  
Ham/Tuna/Egg Salad/Jelly/  
Yogurt/Yogurt Parfait Jr.  
Salad w/ Tuna /Egg Salad/  
or Turkey/ Cheese or Plain  
Vegetable/  
Fruit/Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken

Thursday, April 22

**Lunch**

Choice of Sandwiches  
Turkey, Turkey &Cheese /  
Ham/Tuna/Egg Salad/Jelly/  
Yogurt/Yogurt Parfait Jr.  
Salad w/ Tuna /Egg Salad/  
or Turkey/ Cheese or Plain  
Vegetable/ Fruit/Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken  
Patty  
Elementary  
Ham/Cheeseburger /  
Chicken Patty

Friday, April 23

**Lunch**

Choice of Sandwiches  
Turkey, Turkey &Cheese /  
Ham/Tuna/Egg Salad/Jelly/  
Yogurt/Yogurt Parfait Jr.  
Salad w/ Tuna /Egg Salad/  
or Turkey/ Cheese or Plain  
Vegetable/  
Fruit/Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken

Monday, April 26

**Lunch**

Choice of Sandwiches  
Turkey, Turkey &Cheese /  
Ham/Tuna/Egg Salad/Jelly/  
Yogurt/Yogurt Parfait Jr.  
Salad w/ Tuna /Egg Salad/  
or Turkey/ Cheese or Plain  
Vegetable/  
Fruit/Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken

Tuesday, April 27

**Lunch**

Choice of Sandwiches  
Turkey, Turkey &Cheese /  
Ham/Tuna/Egg Salad/Jelly/  
Yogurt/Yogurt Parfait Jr.  
Salad w/ Tuna /Egg Salad/  
or Turkey/ Cheese or Plain  
Vegetable/ Fruit/Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken  
Patty  
Elementary  
Ham/Cheeseburger /  
Chicken Patty

Wednesday, April 28

**Lunch**

Choice of Sandwiches  
Turkey, Turkey &Cheese /  
Ham/Tuna/Egg Salad/Jelly/  
Yogurt/Yogurt Parfait Jr.  
Salad w/ Tuna /Egg Salad/  
or Turkey/ Cheese or Plain  
Vegetable/  
Fruit/Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken

Thursday, April 29

**Lunch**

Choice of Sandwiches  
Turkey, Turkey &Cheese /  
Ham/Tuna/Egg Salad/Jelly/  
Yogurt/Yogurt Parfait Jr.  
Salad w/ Tuna /Egg Salad/  
or Turkey/ Cheese or Plain  
Vegetable/ Fruit/Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken  
Patty  
Elementary  
Ham/Cheeseburger /  
Chicken Patty

Friday, April 30

**Lunch**

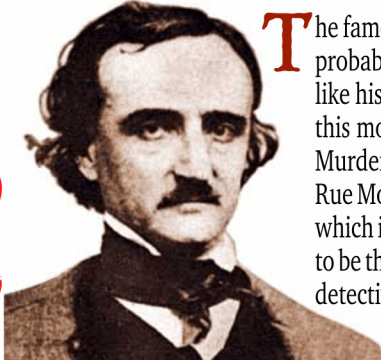
Choice of Sandwiches  
Turkey, Turkey &Cheese /  
Ham/Tuna/Egg Salad/Jelly/  
Yogurt/Yogurt Parfait Jr.  
Salad w/ Tuna /Egg Salad/  
or Turkey/ Cheese or Plain  
Vegetable/  
Fruit/Milk  
**High School**  
Choice of Hamburger/  
Cheeseburger/ Chicken




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.



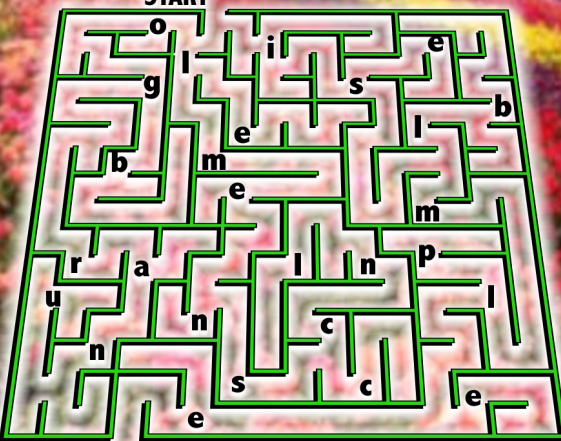
★ WITH LIBERTY & JUSTICE FOR ALL ★

**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.

START



FINISH

**ANSWER:**

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)