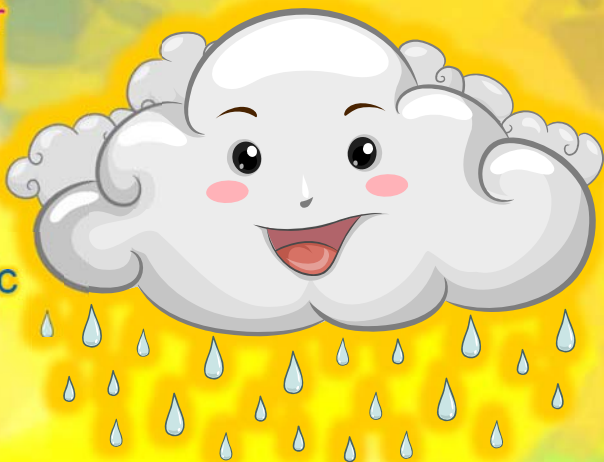


Menus for April 2024

Roslyn Public Schools



This institution is an equal opportunity provider. Men-

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!

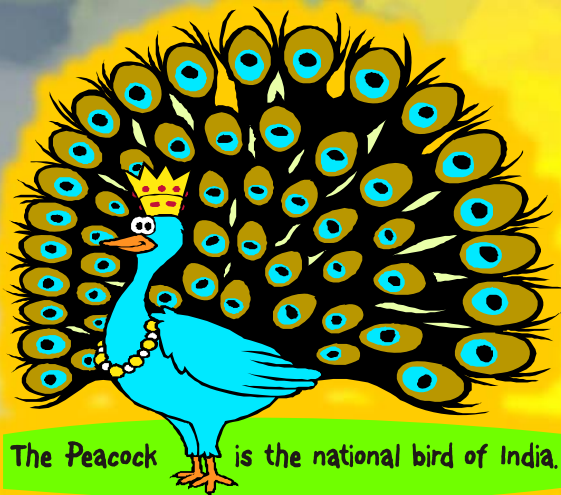
★ OUR NATION'S HISTORY ★

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 No School 	Tuesday, April 2 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 Grilled Cheese Vegetable/ Fruit/Milk	Wednesday, April 3 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 Plain Pasta or Pasta with Protein Vegetable Fruit/Milk	Thursday, April 4 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 Popcorn Chicken Rice/ Vegetable/ Fruit/ Milk	Friday, April 5 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 Pizza Vegetable/ Fruit/Milk
Monday, 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 Grilled Cheese Vegetable/ Fruit/Milk	Tuesday, 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 Chicken Tenders Rice /Vegetable Fruit/ Milk	Wednesday, April 10 No School 	Thursday, April 11 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 Popcorn Chicken Rice/ Vegetable/ Fruit/ Milk	Friday, 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 Pizza Vegetable/ Fruit/Milk



The Peacock is the national bird of India.



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

Word play

the, there, he, her, here, herein, ere, re, rein, in

Monday, 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

Grilled Cheese
Vegetable/ Fruit/Milk

Tuesday, 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

Chicken Tenders
Rice /Vegetable
Fruit/ Milk

Wednesday, April 17

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

Plain Pasta or Pasta with
Protein Vegetable
Fruit/Milk

Thursday, April 18

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

Chicken Patty
Rice Vegetable
Fruit/ Milk

Friday, 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

Pizza
Vegetable/
Fruit/Milk

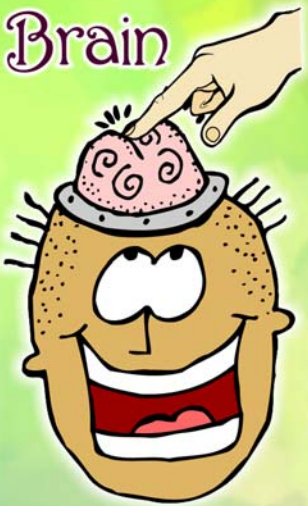
Now Appeazing ...

SPRING BREAK!

A FUN!FUN!FUN! PRODUCTION. STARRING YOU AND YOUR FRIENDS. SPECIAL LIMITED ENGAGEMENT.

Break begins at the end of classes:
Friday, April 19

Classes resume:
Wednesday May 1



Brain

Ticklers

Where do
baseball
teams get
their new
uniforms?

(Hold the page upside
down and read it in a
mirror for the answer!)

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!