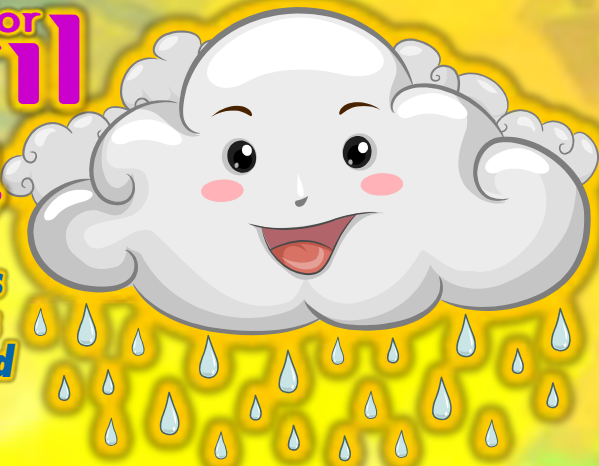


Menus for April 2024

Newport News
Public Schools
Early Childhood
Centers



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

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 ★

Now Appearing ...

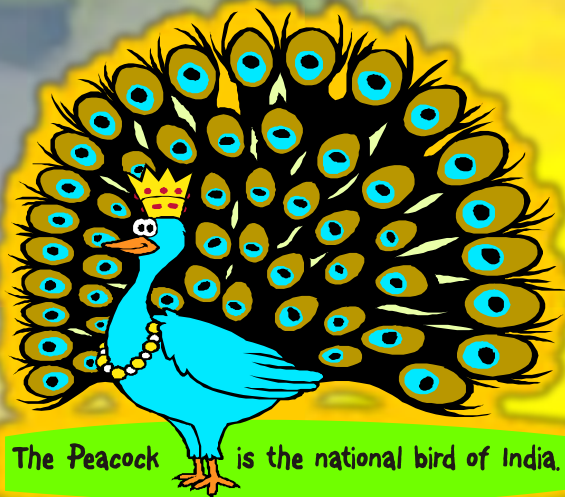
SPRING BREAK!

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

Break begins at the end of classes:
Friday, March 29

Classes resume:
Tuesday, April 9

Monday, April 8	Tuesday, April 9	Wednesday, April 10	Thursday, April 11	Friday, April 12
<u>School Closed</u>	<u>Breakfast</u> Waffle Sandwich Apple Slices Milk	<u>Breakfast</u> Waffle Envy Cranraisins Milk	<u>Breakfast</u> Chicken Biscuit Apple Slices Milk	<u>Breakfast</u> Blueberry Muffin Applesauce Milk
Teacher Work Day	<u>Lunch</u> Pizza Quesadilla Green Beans Peach Cup Milk	<u>Lunch</u> Garlic French Bread Corn Fresh Fruit Milk	<u>Lunch</u> Corndog Nuggets Baked Beans Mandarin Orange Cup Milk	<u>Lunch</u> Popcorn Chicken Emoticon Potatoes Dole Fruit Cup Milk



Available Daily

Nonfat White Milk
Low-fat Milk

***Menu item may contain pork**

Monday, April 15 Breakfast Banana Bread Juice Milk Lunch Turkey & Cheese Anytimer Sweet Potato Waffle Fries Applesauce Cup Milk	Tuesday, April 16 Breakfast Sausage on Bun* Apple Slices Milk Lunch Mozzarella Cheese Sticks Green Beans Fresh Fruit Milk	Wednesday, April 17 Breakfast Asst. Mini Pancakes Cranraisins Milk Lunch Chicken & Waffles Roasted Butternut Squash Mixed Fruit Cup Milk	Thursday, April 18 Breakfast Egg & Cheese Sandwich Apple Slices Milk Lunch Nachos w/Chili & Cheese w/Roll Steamed Cabbage Fresh Fruit Milk	Friday, April 19 Breakfast Blueberry Muffin Applesauce Milk Lunch Chicken Patty on a Bun French Fries Pear Cup
Monday, April 22 Breakfast Asst. Mini Pancakes Juice Milk Lunch Hamburger/Cheeseburger On Bun Green Peas Fresh Fruit Milk	Tuesday, April 23 Breakfast Waffle Sandwich Apple Slices Milk Lunch Pretzel Dog Baby Carrots Dole Fruit cup Milk	Wednesday, April 24 Breakfast Waffle Envy Cranraisins Milk Lunch Spaghetti w/Meat Sauce Green Beans Fresh Fruit Milk	Thursday, April 25 Breakfast Chicken Biscuit Apple Slices Milk Lunch Breakfast for Lunch* Hash browns Spiced Apples Milk	Friday, April 26 Breakfast Blueberry Muffin Applesauce Milk Lunch Pizza Broccoli Dole Fruit Cup Milk
Monday, April 29 Breakfast Banana Brea Juice Milk Lunch Beef Sliders Mixed Vegetables Fresh Fruit Milk	Tuesday, April 30 Breakfast Sausage on a Bun* Apple Slices Milk Lunch Pizza Quesadilla Green Beans Peach Cup Milk	<div> <div> INTENSE. </div> <div> <p>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.</p> <div> EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE! </div> </div> </div> <div> </div>		