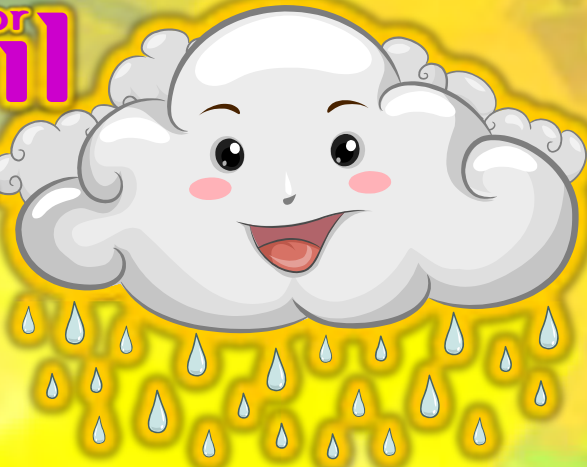


# Menus for April 2024

Newport News  
Public Schools  
Middle School  
Menu



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

## WORLD'S GREATEST APRIL FOOLS TRICKS!




**O**n the morning of April 1, 1974, citizens of Sitka, Alaska awoke to find Mount Edgumbe, 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
<b><u>School Closed</u></b>	<b><u>Breakfast</u></b> Dunkin Stick Fruit-Juice-Milk	<b><u>Breakfast</u></b> Bacon Breakfast Pocket* Fruit-Juice-Milk	<b><u>Breakfast</u></b> Asst. Mini Pancakes Fruit-Juice-Milk	<b><u>Breakfast</u></b> Breakfast Benefit Bar Fruit-Juice-Milk
Teacher Work Day	<b><u>Lunch</u></b> Teriyaki Chicken Bowl w/Fried Rice & Roll Stromboli* Spicy Chicken Patty on Bun	<b><u>Lunch</u></b> Nachos w/Roll Boneless Chicken Wings w/Roll Sal's Pizza	<b><u>Lunch</u></b> Roasted Chicken Leg, Muffin Beef Hot Dog on Bun w/Chili & Cheese Pizza Crunchers	<b><u>Lunch</u></b> Crispy Chicken Patty on Bun Bacon Cheeseburger* Garlic French Bread
	<b><u>Choose Two:</u></b> Corn Broccoli	<b><u>Choose Two:</u></b> Refried Beans Roasted Carrot Sticks	<b><u>Choose Two:</u></b> Mashed Potatoes w/Gravy Baked Beans	<b><u>Choose Two:</u></b> French Fries Mixed Vegetables
	<b><u>Choose One:</u></b> Peach Cup	<b><u>Choose One:</u></b> Pear Cup	<b><u>Choose One:</u></b> Mandarin Orange Cup	<b><u>Choose One:</u></b> Mixed Berry Cup



**Available Daily**

**PB&J-Yogurt Parfait**  
**Delis Subs & Wraps**  
**Yogurt w/String Cheese w/Cheeze-its**  
**Baby Carrots-Garden Salad**  
**Apple Slices-Cut up fruit**  
**Whole Fresh Fruit**  
**Juice (Tues. & Thurs.)**  
**\*Menu item may contain pork**



**Monday, April 15**

**Breakfast**  
 Breakfast Break  
 Fruit-Juice-Milk

**Lunch**  
 Corndog Nuggets  
 Pizza Quesadilla  
 Chicken Leg or Thigh

**Choose Two:**  
 Potatoes Au Gratin  
 Green Beans

**Choose One:**  
 Applesauce Cup

**Tuesday, April 16**

**Breakfast**  
 Sausage & Cheese Waffle  
 Fruit-Juice-Milk

**Lunch**  
 Sal's Pizza  
 Chicken Nuggets w/Roll  
 Chicken Fajita  
 w/Onions & Peppers

**Choose Two:**  
 Corn  
 Spinach

**Choose One:**  
 Pineapple Cup

**Wednesday, April 17**

**Breakfast**  
 Waffle Envy  
 Fruit-Juice-Milk

**Lunch**  
 Walking Nachos  
 Crispy Chicken Patty on Bun  
 Beef Sliders

**Choose Two:**  
 Fiesta Black beans  
 Roasted Butternut Squash

**Choose One:**  
 Mixed Fruit Cup

**Thursday, April 18**

**Breakfast**  
 Zee Zee's Smore Bar  
 Fruit-Juice-Milk

**Lunch**  
 Buffalo Chicken Tot Bake  
 w/Garlic stick  
 Cheese Stuffed Bread Sticks  
 Pretzel Dog

**Choose Two:**  
 Broccoli  
 Tomato Soup

**Choose One:**  
 Peach Cup

**Friday, April 19**

**Breakfast**  
 Smoothie w/Muffin  
 Fruit-Milk

**Lunch**  
 Bar-b-que Plate  
 w/Cornbread Poppers  
 Mozzarella Cheese Sticks  
 Chicken & Waffles

**Choose Two:**  
 Cole Slaw  
 French Fries

**Choose One:**  
 Pear Cup

**Monday, April 22**

**Breakfast**  
 Banana Bread  
 Fruit-Juice-Milk

**Lunch**  
 Stuffed Crust Pizza  
 Fiesta Hot Pocket  
 Spaghetti w/Meat Sauce  
 And Roll

**Choose Two:**  
 Broccoli  
 Sweet Potatoes

**Choose One:**  
 Mandarin Orange Cup

**Tuesday, April 23**

**Breakfast**  
 Dunkin Stick  
 Fruit-Juice-Milk

**Lunch**  
 Popcorn Chicken Bowl  
 w/Roll  
 Pizza Calzone  
 Corndog Nuggets

**Choose Two:**  
 Mashed Potatoes w/Gravy  
 Corn

**Choose One:**  
 Dole Fruit Cup

**Wednesday, April 24**

**Breakfast**  
 Bacon Breakfast Pocket\*  
 Fruit-Juice-Milk

**Lunch**  
 Bacon Cheeseburger\*  
 Pizza Crunchers  
 Chicken Wings/Muffin

**Choose Two:**  
 Onion Rings & Hash Brown  
 Baked Beans

**Choose One:**  
 Applesauce Cup

**Thursday, April 25**

**Breakfast**  
 Asst. Mini Pancakes  
 Fruit-Juice-Milk

**Lunch**  
 Beef/Cheese Taco  
 Spicy Chicken Patty on Bun  
 Breakfast for Lunch\*  
 w/Apple Cinnamon  
 Texas Toast

**Choose Two:**  
 Hash Browns, Collard Greens

**Choose One:**  
 Spiced Apples

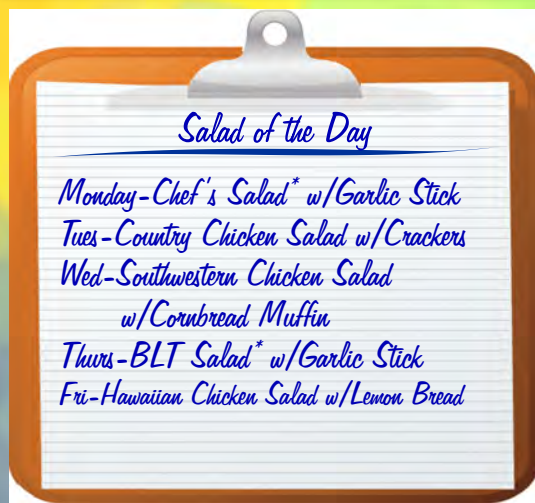
**Friday, April 26**

**Breakfast**  
 Breakfast Benefit Bar  
 Fruit-Juice-Milk

**Lunch**  
 Buffalo Chicken Dip  
 w/Tostito Bag  
 Chicken Parmesan  
 w/Garlic Stick  
 Individual Pizza Pie

**Choose Two:**  
 Steamed Cabbage, Fries

**Choose One:**  
 Pineapple Cup



**Salad of the Day**

*Monday-Chef's Salad\* w/Garlic Stick*  
*Tues-Country Chicken Salad w/Crackers*  
*Wed-Southwestern Chicken Salad*  
*w/Cornbread Muffin*  
*Thurs-BLT Salad\* w/Garlic Stick*  
*Fri-Hawaiian Chicken Salad w/Lemon Bread*

**Monday, April 29**

**Breakfast**  
 Breakfast Break  
 Fruit-Juice-Milk

**Lunch**  
 Chicken & Gravy over Rice  
 w/Roll  
 Buffalo Chicken Pizza  
 Meatball Sub

**Choose Two:**  
 Sweet Potato Waffle Fries  
 Green Peas

**Choose One:**  
 Dole Fruit Cup

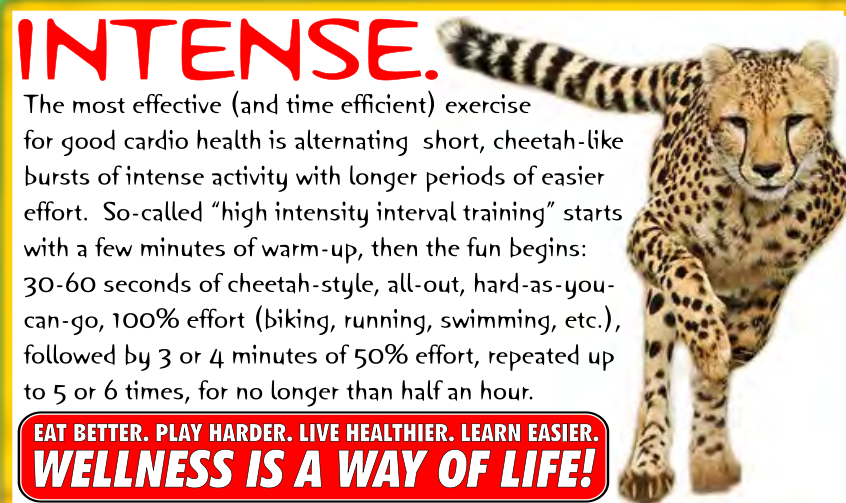
**Tuesday, April 30**

**Breakfast**  
 Sausage & Cheese Waffle  
 Fruit-Juice-Milk

**Lunch**  
 Teriyaki Chicken Bowl  
 /Fried Rice & Roll  
 Stromboli\*

**Choose Two:**  
 Corn  
 Broccoli

**Choose One:**  
 Peach Cup



**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!**