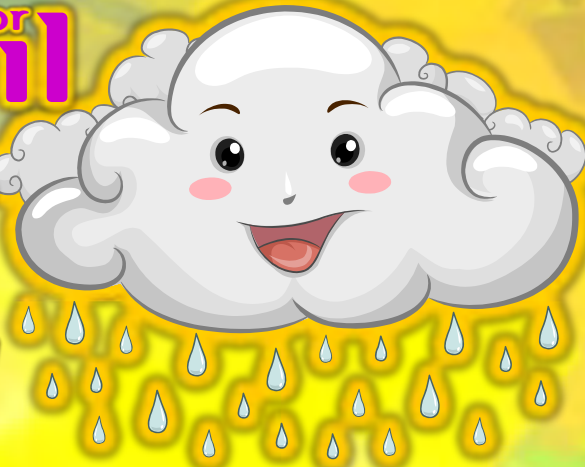


Menus for April 2024

Newport News
Public Schools
Enterprise and
New Horizons



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

Schools Closed

**Teacher
Work
Day**

Tuesday, April 9

Breakfast

Dunkin Stick
Fruit-Juice-Milk

Lunch

Teriyaki Chicken Bowl
w/Fried Rice & Roll
Stromboli*

Choose Two:

Corn
Broccoli

Choose Two:

Peach Cup
Fresh Whole Fruit

Wednesday, April 10

Breakfast

Bacon Breakfast Pocket*
Fruit-Juice-Milk

Lunch

Nachos w/Roll
Boneless Chicken Wings
w/Roll

Choose Two:

Refried Beans
Roasted Carrot Sticks

Choose Two:

Pear Cup
Whole Fresh Fruit

Thursday, April 11

Breakfast

Asst. Mini Pancakes
Fruit-Juice-Milk

Lunch

Beef Hot Dog on Bun
w/Chili & Cheese
Pizza Crunchers

Choose Two:

Mashed Potatoes w/Gravy
Baked Beans

Choose Two:

Mandarin Orange Cup
Whole Fresh Fruit

Friday, April 12

Breakfast

Breakfast Benefit Bar
Fruit-Juice-Milk

Lunch

Crispy Chicken Patty on Bun
Garlic French Bread

Choose Two:

French Fries
Mixed Vegetables

Choose Two:

Mixed Berry Cup
Whole Fresh Fruit



Available Daily

PB&J Uncrustable
Yogurt w/String Cheese w/Cheez-its
Baby Carrots-Garden Salad
Apple Slices-Cut-up Fruit
Whole Fresh Fruit
Nonfat White, Low-fat white
And Low-fat Chocolate Milk
***Menu item may contain pork**



Earth Day
 April 22

Monday, April 15

Breakfast
 Breakfast Break
 Fruit-Juice-Milk

Lunch
 Corndog Nuggets
 Chicken Thigh or Leg
 w/Garlic Stick

Choose Two:
 Potatoes Au gratin
 Green Beans

Choose Two:
 Applesauce Cup
 Whole Fresh Fruit

Tuesday, April 16

Breakfast
 Sausage & Cheese Waffle
 Fruit-Juice-Milk

Lunch
 Sal's Pizza
 Chicken Nuggets w/Roll

Choose Two:
 Corn
 Spinach

Choose Two:
 Pineapple Cup
 Whole Fresh Fruit

Wednesday, April 17

Breakfast
 Waffle Envy
 Fruit-Juice-Milk

Lunch
 Crispy Chicken Patty on Bun
 Beef Sliders

Choose Two:
 Fiesta Black Beans
 Roasted Butternut Squash

Choose Two:
 Mixed Fruit Cup
 Whole Fresh Fruit

Thursday, April 18

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

Lunch
 Cheese Stuffed Bread Sticks
 Pretzel Dog

Choose Two:
 Broccoli
 Tomato Soup

Choose Two:
 Peach Cup
 Whole Fresh Fruit

Friday, April 19

Breakfast
 Smoothie w/Muffin
 Fruit-Milk

Lunch
 Mozzarella Cheese Sticks
 Chicken & Waffles

Choose Two:
 Cole Slaw
 French fries

Choose Two:
 Pear Cup
 Whole Fresh Fruit

Monday, April 22

Breakfast
 Banana Bread
 Fruit-Juice-Milk

Lunch
 Stuffed Crust Pizza
 Fiesta Hot Pocket

Choose Two:
 Broccoli
 Sweet Potatoes

Choose Two:
 Mandarin Orange Cup
 Whole Fresh Fruit

Tuesday, April 23

Breakfast
 Dunkin Stick
 Fruit-Juice-Milk

Lunch
 Popcorn Chicken Bowl w/Roll
 Pizza Calzone

Choose Two:
 Mashed Potatoes w/Gravy
 Corn

Choose Two:
 Peach Cup
 Whole Fresh Fruit

Wednesday, April 24

Breakfast
 Bacon Breakfast Pocket*
 Fruit-Juice-Milk

Lunch
 Bacon Cheeseburger*
 Chicken Wings
 w/Cornbread Muffin

Choose Two:
 Onion ring & Hash Brown
 Baked Beans

Choose Two:
 Applesauce Cup
 Whole Fresh Fruit

Thursday, April 25

Breakfast
 Asst. Mini Pancakes
 Fruit-Juice-Milk

Lunch
 Spicy Chicken Patty on Bun
 Breakfast for Lunch*
 w/Apple Cinnamon
 Texas Toast

Choose Two:
 Hash Browns, Collard Greens

Choose Two:
 Spiced Apples
 Whole Fresh Fruit

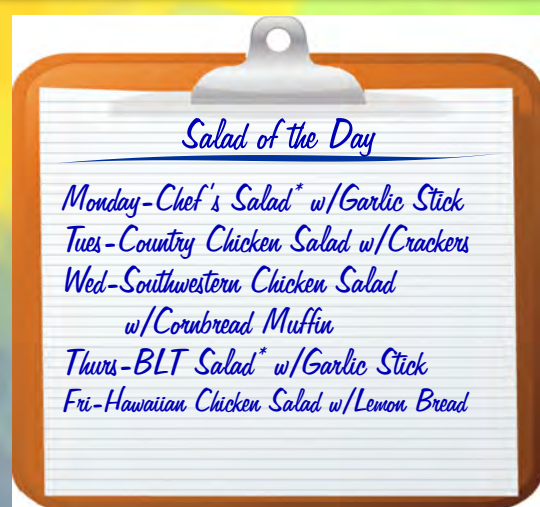
Friday, April 26

Breakfast
 Breakfast Benefit Bar
 Fruit-Juice-Milk

Lunch
 Chicken Parmesan
 w/Garlic Stick
 Individual Pizza Pie

Choose Two:
 Steamed Cabbage
 French Fries

Choose Two:
 Pineapple Cup
 Whole Fresh Fruit



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
 Buffalo Chicken Pizza
 Meatball Sub

Choose Two:
 Sweet Potato Waffle Fries
 Green Peas

Choose Two:
 Dole Fruit Cup
 Whole Fresh Fruit

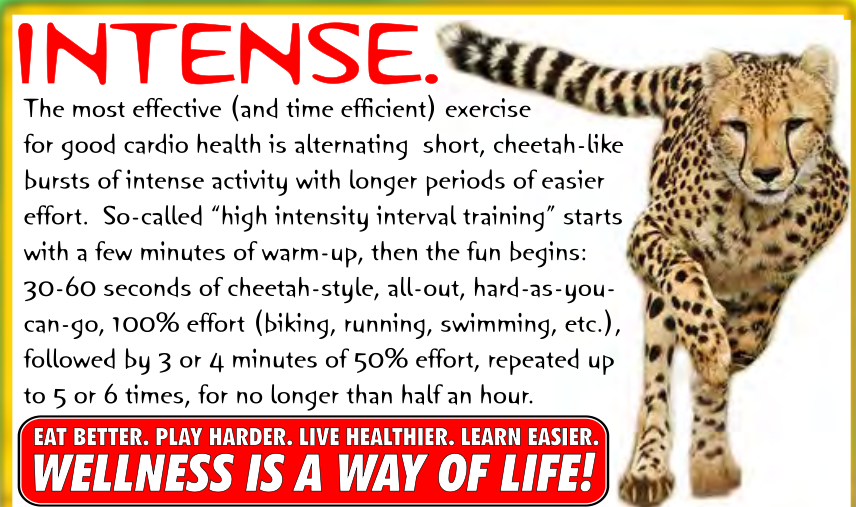
Tuesday, April 30

Breakfast
 Sausage & Cheese Waffle
 Fruit-Juice-Milk

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

Choose Two:
 Corn
 Broccoli

Choose Two:
 Peach Cup
 Whole Fresh Fruit



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!