

menus for

# APRIL 2021

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

## 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**

**Thursday, April 1**  
**No Grab & Go**  
Easter Holiday  
No School Today

**Friday, April 2**  
**No Grab & Go**  
Easter Holiday  
No School Today

**Monday, April 5**  
**No Grab & Go**  
Easter Holiday  
No School Today

**Tuesday, April 6**  
**Breakfast**  
Fried Rice with Portuguese Sausage  
Fruit  
**Lunch**  
Chicken Burger  
Potato Wedges  
Broccoli  
Fruit

**Wednesday, April 7**  
**Breakfast**  
Ham and Cheese Roll  
Fruit  
**Lunch**  
Oven Fried Chicken  
Red Rice  
Sauteed Spinach  
Corn  
Fruit

**Thursday, April 8**  
**Breakfast**  
Fried Rice with Chicken Nuggets  
Fruit  
**Lunch**  
Turkey with Gravy and Mashed Potatoes  
Dinner Roll  
Carrots, Beans  
Fruit  
Flavored Milk

**Friday, April 9**  
**Breakfast**  
Grilled Cheese Sandwich  
Fruit  
**Lunch**  
Chicken Curry with Rice, Carrots, Local Vegetables  
Fruit

**Monday, April 12**  
**Breakfast**  
Assorted Cereal  
Fruit  
**Lunch**  
Pork Adobo with Rice  
Green Peas and Carrots  
Sesame Broccoli  
Fruit

**Tuesday, April 13**  
**Breakfast**  
Fried Rice with Grilled Ham  
Fruit  
**Lunch**  
Hawaiian Pizza  
Veggie Sticks and Dip  
Corn and Bean Salad  
Fruit

**Wednesday, April 14**  
**Breakfast**  
Pancakes with Syrup  
Bacon  
Fruit  
**Lunch**  
Chicken Alfredo with Spinach  
Lettuce, Tomato, and Cucumber Salad  
Beans  
Fruit

**Thursday, April 15**  
**Breakfast**  
Pan de Sal with Egg and Cheese  
Fruit  
**Lunch**  
Beef Bulgogi with Rice  
Bell Peppers, Bean Sprouts, Carrots, and Onions  
Fruit  
Flavored Milk

**Friday, April 16**  
**Breakfast**  
Garlic Rice with Patty Sausage  
Fruit  
**Lunch**  
Breaded Fish with Sauce  
Red Rice  
Local Vegetables  
Fruit

**Monday, April 19**

**Breakfast**

Assorted Cereal  
Fruit

**Lunch**

Beef Broccoli with Rice  
Mixed Vegetables  
Fruit

**Tuesday, April 20**

**Breakfast**

Garlic Fried Rice  
Sausage Links  
Fruit

**Lunch**

BBQ Chicken with Red Rice  
Corn  
Potato Salad  
Fruit

**Wednesday, April 21**

**Breakfast**

French Toast with Syrup  
Fruit

**Lunch**

Honey Glazed Chicken with Rice  
Carrots  
Local Vegetables  
Fruit

**Thursday, April 22**

**Breakfast**

Macaroni and Cheese  
Fruit

**Lunch**

Grilled Ham with Rice  
Sweet Potato Fries  
Beans  
Fruit  
Flavored Milk

**Friday, April 23**

**Breakfast**

Ground Beef and Vegetable  
Omelet  
Fruit

**Lunch**

Spaghetti  
Dinner Roll  
Local Vegetables  
Garlic Spinach  
Fruit

**Monday, April 26**

**Breakfast**

Assorted Cereal  
Fruit

**Lunch**

Chicken Adobo with Rice  
Potato Wedges  
Carrots and Peas  
Fruit

**Tuesday, April 27**

**Breakfast**

Tropical Storm Fried Rice  
Fruit

**Lunch**

Cheese Pizza  
Veggie Sticks and Dip  
Beans  
Fruit

**Wednesday, April 28**

**Breakfast**

Pancake with Syrup  
Bacon  
Fruit

**Lunch**

Beef Steak with Peas and Onions  
Red Rice  
Broccoli  
Fruit

**Thursday, April 29**

**Breakfast**

Sausage and Egg Scramble with  
Rice  
Fruit

**Lunch**

Marianas BBQ Burger  
Sandwich Sides (Lettuce,  
Tomato, Bell Pepper)  
Sweet Potato Fries  
Fruit  
Flavored Milk

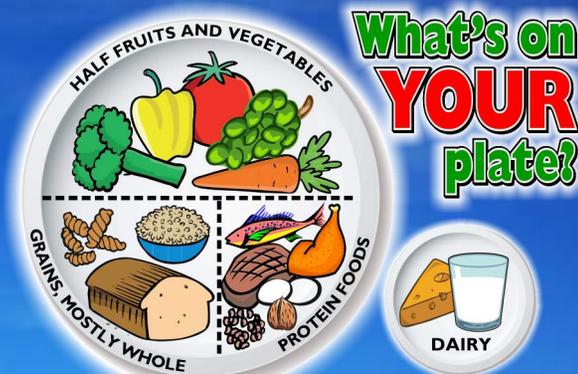
**Friday, April 30**

**Breakfast**

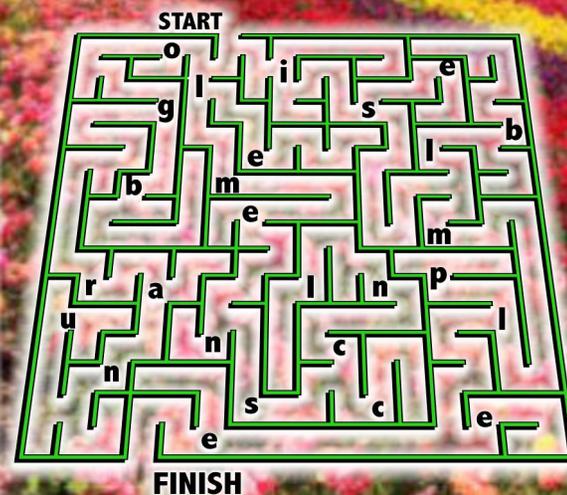
Banana Bread  
Fruit

**Lunch**

Turkey and Cheese Sandwich  
Sandwich Sides (Lettuce,  
Tomato, Cucumber, Bell Pepper)  
Japanese Salad  
Fruit



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!



**ANSWER:**

**Happy Earth Day To You!**

April 22 is the "birthday" of Earth Day. The first was held in 1970!

**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.