

menus for

APRIL 2025

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

STATE OF MIND.

Physical activity isn't just good for your body. Regular exercise has been shown to help guard the mind against depression, too.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, April 7

Breakfast

Assorted Cereal
Fruit

Lunch

Orange Chicken
Steamed Rice
Pacific Blend Vegetables
Fruit

Tuesday, April 8

Breakfast

Pancakes with Syrup
Sausage Patty
Fruit/Fruit Smoothie

Lunch

Subway Sandwich with Honey Onion
Dressing on WGR Bun
Sandwich Sides
Carrot Sticks w/ Ranch Dip
Fruit

Secondary Second Choice

Taco Salad
Lentil Taco Meat/Lentils
WGR Tortilla/Tortilla Chips
Fruit

Wednesday, April 9

Breakfast

Toasted Ham & Cheese
Fruit/Fruit Smoothie

Lunch

Beef Steak with
Green Peas & Onions
Red Rice
Broccoli
Fruit

Secondary Second Choice

Banh Mi Sandwich
Pickled Carrots & Radish
Broccoli
Fruit

Thursday, April 10

Breakfast

Fried Rice with Portuguese Sausage
Fruit/Fruit Smoothie

Lunch

Chicken Alfredo Penne Pasta
Garden Salad with Carrots & Dressing
Lentils
Fruit

Secondary Second Choice

Taco Salad
Lentil Taco Meat/Lentils
WGR Tortilla/Tortilla Chips
Fruit

Friday, April 11

Breakfast

French Toast with Syrup
Fruit

Lunch

Baked Cajun Fish
Red Rice
Local Vegetables
Corn
Flavored Milk
Fruit

Secondary Second Choice

Breaded Chicken Bowl
with Mashed Potatoes & Gravy
Corn
WGR Roll
Fruit

Tuesday, April 1

Breakfast

Grilled Ham
Steamed Rice
Fresh Fruit/Fruit Smoothie

Lunch

Marianas BBQ Burger
Sandwich Sides
Potato Wedges
Fruit

Secondary Second Choice

Vegilicious Salad
Ham/Cheese
WGR Penne Pasta
Fruit

Wednesday, April 2

Breakfast

Sus Mac & Cheese
Fresh Fruit/Fruit Smoothie

Lunch

Korean Braised Beef
Broccoli & Onions
Steamed Rice
Carrots
Fruit

Secondary Second Choice

Chicken Kelaguen w/ Titiyas
Carrot Sticks & Cucumber Sticks
w/ Dip
Fruit

Thursday, April 3

Breakfast

Garlic Fried Rice
with Chicken Nuggets
Fresh Fruit/Fruit Smoothie

Lunch

Spaghetti Bolognese
WGR Roll
Garden Salad w/ Tomatoes & Dressing
Spanish Chickpeas
Fruit

Secondary Second Choice

Vegilicious Salad
Ham/Cheese
WGR Penne Pasta
Fruit

Friday, April 4

Breakfast

Pancakes with Syrup
Fresh Fruit

Lunch

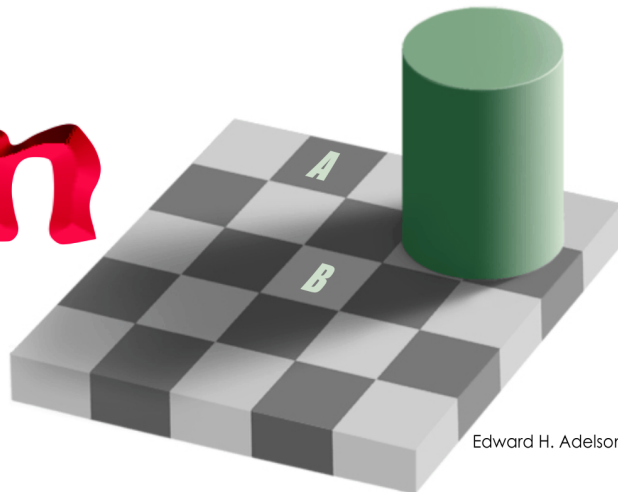
Zesty Fish
Steamed Rice
Sesame Broccoli & Local Vegetables
Flavored Milk
Fruit

Secondary Second Choice

Beef Broccoli
Steamed Rice
Bean Sprouts
Fruit

Only an Illusion

Do you think the two squares labeled A and B are different shades of gray? Guess what? They're the same color! If you're interested, you can see proof and learn more by searching on line for "Checkershadow Illusion - MIT".



Edward H. Adelson

NUTRITION TO GO

As a rule, Americans don't eat enough beans! Beans are the best plant source of protein and contain little of the fat and cholesterol that accompany the protein in meat. Beans also provide more fiber than almost any other plant food and nearly as much calcium as milk. Plus, beans' slow release of glucose makes them a superfood for people with diabetes.

A QUICK BITE FOR PARENTS

Monday, April 14

**Intercession Day
Public Schools Closed**

Breakfast
Assorted Cereal
Fruit

Lunch
Chicken Lo Mein
Carrots
Broccoli
Fruit

Tuesday, April 15

**Student-Teacher Break
Public Schools Closed**

Breakfast
Garlic Fried Rice
with Chicken Nuggets
Fruit

Lunch
Chicken Burger
Green Salad with Cucumber
Carrots with Dressing
Fruit

Wednesday, April 16

**Student-Teacher Break
Public Schools Closed**

Breakfast
Sus Mac & Cheese
Fresh Fruit

Lunch
Grilled Ham Steak
Steamed Rice
Texas BBQ Beans
Carrots
Green Beans
Fruit

Thursday, April 17

**Student-Teacher Break
Public Schools Closed**

Breakfast
Sausage Links
Steamed Rice
Fruit

Lunch
Beef Lasagna
Garlic Cauliflower & Spinach
Fruit

Friday, April 18

**Good Friday
Public Schools Closed**

Breakfast
Pancakes with Syrup
Fruit

Lunch
Zesty Fish
Red Rice
Corn & Local Vegetables
Fruit

Monday, April 21

Breakfast
Assorted Cereal
Fruit

Lunch
Buffalo Chicken Wrap
Corn Succotash
Fruit

Tuesday, April 22

Breakfast
Pancakes with Syrup
Bacon
Fruit/Fruit Smoothie

Lunch
Sloppy Joes
Broccoli
Sweet Potato Fries
Fruit

Secondary Second Choice

Taco Salad
Lentil Taco Meat/Lentils
WGR Tortilla/Tortilla Chips
Fruit

Wednesday, April 23

Breakfast
Grilled Cheese
Fruit/Fruit Smoothie

Lunch
Pork Curry
Steamed Rice
Potatoes
Carrots
Fruit

Secondary Second Choice

Chicken Pancit Canton
Carrots & Cabbage
Fruit

Thursday, April 24

Breakfast
Fried Rice with Portuguese Sausage
Fruit/Fruit Smoothie

Lunch
Pepperoni Pizza
Green Salad with Cucumbers
& Dressing
Lentils
Fruit

Secondary Second Choice

Taco Salad
Lentil Taco Meat/Lentils
WGR Tortilla/Tortilla Chips
Fruit

Friday, April 25

Breakfast
French Toast w/ Syrup & Sausage
Fruit

Lunch
Chicken Adobo
Steamed Rice
Pumpkin & Local Vegetables
Flavored Milk
Fruit

Secondary Second Choice

Kimchi Fried Rice
w/ Chicken Bowl
Pumpkin & Local Vegetables
Fruit

Monday, April 28

Breakfast
Assorted Cereal
Fruit

Lunch
Thai Beef Noodle Bowl
Red Bell Peppers
Mixed Vegetables
Fruit

Tuesday, April 29

Breakfast
Grilled Ham
Steamed Rice
Fresh Fruit/Fruit Smoothie

Lunch
Marianas BBQ Burger
Sandwich Sides
Potato Wedges
Fruit
Secondary Second Choice

Vegilicious Salad
Ham/Cheese
WGR Penne Pasta
Fruit

Wednesday, April 30

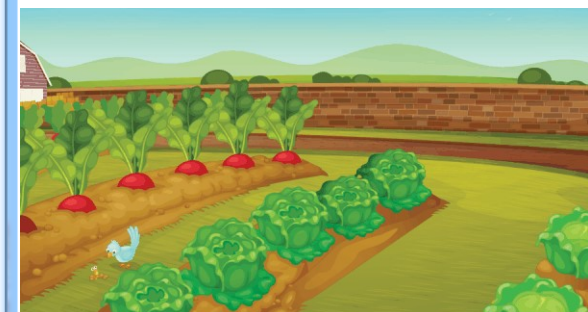
Breakfast
Sus Mac & Cheese
Fresh Fruit/Fruit Smoothie

Lunch
Korean Braised Beef
Broccoli & Onions
Steamed Rice
Carrots
Fruit
Secondary Second Choice

Chicken Kelaguen w/ Titiyas
Carrot Sticks & Cucumber Sticks
w/ Dip
Fruit



WHAT AM I? I have a head but cannot think.
I have eyes but cannot see.
I have ears but cannot hear.
I have ribs but no bones.



Answer: I'm a VEGETABLE GARDEN, planted with lettuce (heads), potatoes (eyes), corn (ears), and celery (ribs). YUMMY!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, April 28

Breakfast
Assorted Cereal
Fruit

Lunch
Thai Beef Noodle Bowl
Red Bell Peppers
Mixed Vegetables
Fruit

Tuesday, April 29

Breakfast
Grilled Ham
Steamed Rice
Fresh Fruit/Fruit Smoothie

Lunch
Marianas BBQ Burger
Sandwich Sides
Potato Wedges
Fruit
Secondary Second Choice

Vegilicious Salad
Ham/Cheese
WGR Penne Pasta
Fruit

Wednesday, April 30

Breakfast
Sus Mac & Cheese
Fresh Fruit/Fruit Smoothie

Lunch
Korean Braised Beef
Broccoli & Onions
Steamed Rice
Carrots
Fruit
Secondary Second Choice

Chicken Kelaguen w/ Titiyas
Carrot Sticks & Cucumber Sticks
w/ Dip
Fruit

OUR NATION'S HISTORY

The first Earth Day took place 55 years ago this month on April 22, 1970. Wisconsin Senator Gaylord Nelson, a Democrat, and California Congressman Pete McCloskey, a Republican, co-chaired events at schools, colleges, and parks across the U.S. that drew 20 million Americans outside on a Spring day to make a commitment to care for the environment. Earth Day is now celebrated in nearly 200 nations around the world.

**Earth Day
April 22**

Keep it clean

WITH LIBERTY & JUSTICE FOR ALL