



APRIL MENUS

MENUS FOR

APRIL
2024

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Every complete meal
we serve comes with
your choice of milk!

★ 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 ★

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!

MONDAY, APRIL 1	TUESDAY, APRIL 2	WEDNESDAY, APRIL 3	THURSDAY, APRIL 4	FRIDAY, APRIL 5
BREAKFAST Banana Bread Slice Assorted Cereals Assorted Grahams Assorted Fruit & Juice	BREAKFAST Cinnamon Rolls Breakfast Bars Assorted Fruit & Juice	BREAKFAST Scrambled Egg & Bacon Homemade Buttered Toast Assorted Fruit & Juice	BREAKFAST Yogurt & Donut Parfait Assorted Fruit & Juice	BREAKFAST Ham & Egg Taco Assorted Fruit & Juice
LUNCH Chicken Strips Dinner Roll Crinkle Cut Fries Carrot Coin Assorted Fruit	LUNCH Crispy Beef Nachos Homemade Cheese Sauce Rice Refried Beans Taco Salad	LUNCH Baked Chicken Half-Baked Potato Broccoli w/ Homemade Cheese Sauce	LUNCH Homemade Chicken Flautas Rice Charro Beans Taco Salad Sour Cream	LUNCH Pizza Cucumber w/Tajin Baby Carrots Ranch Dip Cup Assorted Fruit
MONDAY, APRIL 8	TUESDAY, APRIL 9	WEDNESDAY, APRIL 10	THURSDAY, APRIL 11	FRIDAY, APRIL 12
BREAKFAST Scrambled Egg & Cheese Croissant Assorted Fruit & Juice	BREAKFAST Breakfast Muffin Assorted Fruit & Juice	BREAKFAST Waffle Bar Assorted Fruit & Juice	BREAKFAST Kolache Breakfast Bars Assorted Fruit & Juice	BREAKFAST The Tiger Breakfast Taco Assorted Cereals Assorted Grahams Green Salsa Assorted Fruit & Juice
LUNCH Hamburger/ Cheeseburger Tater Tots Burger Salad Assorted Fruit	LUNCH Carne Guisada Flour Tortilla Cuditos Zucchini Melt Charro Beans Assorted Fruit	LUNCH Chicken Nuggets Homemade Macaroni & Cheese Dinner Roll Seasoned Wedges Carrot Coins Fruited Gelatin	LUNCH Lemon Pepper Chicken Dinner Roll Seasoned Wedges Broccoli w/ Homemade Cheese	LUNCH Cheese Enchiladas Rice Charro Beans Taco Salad Assorted Fruit



The Peacock is the national bird of India.

MONDAY, APRIL 15	TUESDAY, APRIL 16	WEDNESDAY, APRIL 17	THURSDAY, APRIL 18	FRIDAY, APRIL 19
BREAKFAST Mini Maple Waffles Assorted Cereals Assorted Grahams Assorted Fruit & Juice	BREAKFAST Breakfast Combo Bar Assorted Fruit & Juice	BREAKFAST Yogurt & Fruit Parfait Assorted Fruit & Juice	BREAKFAST Breakfast Sausage Pizza Assorted Fruit & Juice	BREAKFAST Chorizo & Egg Taco Assorted Cereals Graham Crackers Assorted Fruit & Juice
LUNCH Rich-Fil Yay Chicken Sandwich Burger Salad Tater Tots Fruit Gelatin	LUNCH Crispy Beef Nachos Homemade Cheese Sauce Rice Refried Beans Taco Salad Assorted Fruit	LUNCH Baked Chicken Seasoned Green Beans Mashed Potatoes/ Gravy Dinner Roll	LUNCH Pulled Pork Street Tacos Charro Beans Taco Slaw Salad Rice Avocado Green Salsa	LUNCH Pizza Cucumber w/Tajin Baby Carrots Ranch Dip Cup Assorted Fruit



Earth Day
April 22

MONDAY, APRIL 22	TUESDAY, APRIL 23	WEDNESDAY, APRIL 24	THURSDAY, APRIL 25	FRIDAY, APRIL 26
BREAKFAST Banana Bread Slice Assorted Cereals Assorted Grahams Assorted Fruit & Juice	BREAKFAST Cinnamon Rolls Breakfast Bars Assorted Fruit & Juice	BREAKFAST Scrambled Egg & Bacon Homemade Buttered Toast Assorted Fruit & Juice	BREAKFAST Yogurt & Donut Parfait Assorted Fruit & Juice	BREAKFAST Ham & Egg Taco Assorted Fruit & Juice
LUNCH Chicken Nuggets Dinner Roll Carrot Coins Crinkle Cut Fries Assorted Fruit	LUNCH Picadillo Con Papas Corn Tortillas Taco Salad Refried Beans	LUNCH Lemon Pepper Chicken Dinner Roll Seasoned Wedges Broccoli w/ Assorted Fruit	LUNCH Cheese Enchiladas Rice Refried Beans Taco Salad Sour Cream Avocado Green	LUNCH Cheese Breadstick Marinara Cup Veggie Boats Corn Ranch Dip Cup Assorted Fruit

THEREIN

The word "therein" (pronounce it like it's two words, "there" and "in") is special. It's the shortest word in the English language that contains TEN

other smaller words without rearranging any of the letters.
How many can you find?

Word play

MONDAY, APRIL 29	TUESDAY, APRIL 30
BREAKFAST Scrambled Egg & Cheese Croissant Assorted Fruit & Juice	BREAKFAST Breakfast Muffin Assorted Fruit & Juice
LUNCH Hamburger/ Cheeseburger Tater Tots Burger Salad Assorted Fruit	LUNCH Carne Guisada Rice Charro Beans Flour Tortilla Homemade Calabaza Salsa Assorted 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!

