

# Menus for April 2024

**CNMI Public School System, Child Nutrition Program**



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!

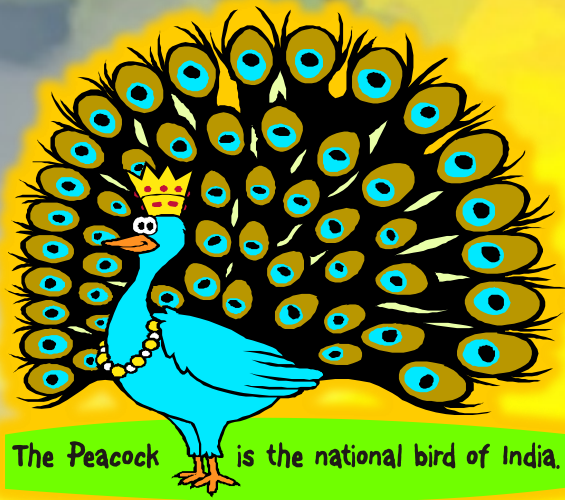
**See the back page for more all-time great pranks!**

## ★ 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 ★

Monday, April 1	Tuesday, April 2	Wednesday, April 3	Thursday, April 4	Friday, April 5
<p><b>Spring Break</b> <b>Public Schools Closed</b></p> <p><b>Breakfast</b> Assorted Cereal Fruit</p> <p><b>Lunch</b> Chicken Curry with Carrots and Potatoes Broccoli Steamed Rice Fruit</p>	<p><b>School Level PD</b> <b>Public Schools Closed</b></p> <p><b>Breakfast</b> Fried Rice with Portuguese Sausage Fruit</p> <p><b>Lunch</b> Cheeseburger Sandwich Sides Sweet Potato Fries Fruit</p>	<p><b>Breakfast</b> Breakfast Burrito Fruit/Fruit Smoothie</p> <p><b>Lunch</b> Breaded Chicken with Gravy Mashed Potato 3 Bean Salad WGR Roll Fruit</p> <p><b>Secondary Second Choice</b> Vegilicious Salad Bar WGR Penne Pasta Fruit</p>	<p><b>Breakfast</b> Sausage &amp; Egg Scramble Steamed Rice Fruit/Fruit Smoothie</p> <p><b>Lunch</b> Beef Lasagna Garlic Cauliflower &amp; Broccoli Corn Fruit</p> <p><b>Secondary Second Choice</b> Tuna Salad Sandwich on WGR Bun Sandwich Sides Japanese Salad Fruit</p>	<p><b>Breakfast</b> Pancakes with Syrup Bacon Fruit</p> <p><b>Lunch</b> Chicken Adobo Steamed Rice Lemon Garlic Kangkung Local Vegetables Fruit Flavored Milk</p> <p><b>Secondary Second Choice</b> Vegilicious Packed Salad WGR Penne Pasta Fruit</p>
Monday, April 8	Tuesday, April 9	Wednesday, April 10	Thursday, April 11	Friday, April 12
<p><b>Breakfast</b> Assorted Cereal Fruit</p> <p><b>Lunch</b> Grilled Ham Steak Steamed Brown Rice Sweet Potato Fries Texas BBQ Beans Fruit</p> <p><b>Secondary Second Choice</b> Taco Packed Salad WGR Tortilla/Tortilla Chips Fruit</p>	<p><b>Breakfast</b> Ham and Cheese Roll Fruit/Fruit Smoothie</p> <p><b>Lunch</b> Chicken Burger Potato Wedges Broccoli Fruit</p> <p><b>Secondary Second Choice</b> Subway Sandwich with Honey Onion Dressing on WGR Bun Vegetable Sticks &amp; Dip Fruit</p>	<p><b>Breakfast</b> Pan de Sal with Egg &amp; Cheese Fruit/Fruit Smoothie</p> <p><b>Lunch</b> Beef Steak with Green Peas &amp; Onions Red Rice Local Vegetables Broccoli Fruit</p> <p><b>Secondary Second Choice</b> Taco Salad Bar WGR Tortilla/Tortilla Chips Fruit</p>	<p><b>Breakfast</b> Sausage Links Garlic Fried Rice Fruit/Fruit Smoothie</p> <p><b>Lunch</b> Pepperoni Pizza Vegetable Sticks &amp; Dip Fruit</p> <p><b>Secondary Second Choice</b> Buffalo Chicken Wrap Vegetable Sticks &amp; Dip Japanese Salad Fruit</p>	<p><b>Breakfast</b> French Toast with Syrup Sausage Fruit</p> <p><b>Lunch</b> BBQ Chicken Red Rice Corn and Potato Salad Fruit Flavored Milk</p> <p><b>Secondary Second Choice</b> Taco Packed Salad WGR Tortilla/Tortilla Chips Fruit</p>



The Peacock is the national bird of India.



# THEREIN

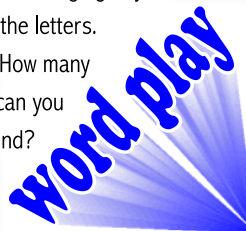
The word "therein" (pronounce it like it's two words, "there" and "in") is special. It's the shortest word in the English

language that contains TEN other smaller words without rearranging any of the letters.

How many can you find?

# IO

the, there, he, her, here, herein, ere, re, rein, in



Monday, April 15

**Breakfast**

Assorted Cereal  
Fruit

**Lunch**

Oven Fried Chicken  
Red Rice  
Corn  
Sautéed Spinach  
Fruit

**Secondary Second Choice**

Vegilicious Packed Salad  
WGR Penne Pasta  
Fruit

Tuesday, April 16

**Breakfast**

Ground Beef & Veggie  
Omelet  
Steamed Rice  
Fruit/Fruit Smoothie

**Lunch**

Marianas BBQ Cheeseburger  
Sandwich Sides  
Sweet Potato Fries  
Fruit

**Secondary Second Choice**

Fire Alarm Pizza  
Vegetable Sticks & Dip  
Fruit

Wednesday, April 17

**Breakfast**

Grilled Cheese Sandwich  
Fruit/Fruit Smoothie

**Lunch**

Beef Bulgogi with Bell Peppers,  
Bean Sprouts & Onions  
Steamed Rice  
Carrots  
Fruit

**Secondary Second Choice**

Vegilicious Salad Bar  
WGR Penne Pasta  
Fruit

Thursday, April 18

**Breakfast**

Grilled Ham with Fried Rice  
Fruit/Fruit Smoothie

**Lunch**

Spaghetti Bolognese  
WGR Roll  
Garlic Spinach  
3 Bean Salad  
Fruit

**Secondary Second Choice**

Banh Mi  
Pickled Carrots, Radish &  
Cucumber  
Japanese Salad  
Fruit

Friday, April 19

**Breakfast**

Pancakes with Syrup  
Bacon  
Fruit

**Lunch**

Chicken Curry with Potatoes  
and Carrots  
Local Vegetables  
Steamed Rice  
Fruit  
Flavored Milk

**Secondary Second Choice**

Vegilicious Packed Salad  
WGR Penne Pasta  
Fruit

Monday, April 22

**Breakfast**

Assorted Cereal  
Fruit

**Lunch**

Kung Pao Chicken  
with Bell Peppers  
Steamed Rice  
Sesame Broccoli  
Fruit

**Secondary Second Choice**

Taco Packed Salad  
WGR Tortilla/Tortilla Chips  
Fruit

Tuesday, April 23

**Breakfast**

Fried Rice with Chicken Nuggets  
Fruit/Fruit Smoothie

**Lunch**

Turkey & Gravy  
WGR Roll  
Mashed Potato  
Steamed Carrots  
Fruit

**Secondary Second Choice**

Thai Beef Noodle Bowl  
Bell Peppers & Carrots  
Mixed Vegetables  
Fruit

Wednesday, April 24

**Breakfast**

Mac & Cheese  
Fruit/Fruit Smoothie

**Lunch**

Beef Broccoli  
Steamed Rice  
Mixed Vegetables  
Fruit

**Secondary Second Choice**

Taco Salad Bar  
WGR Tortilla/Tortilla Chips  
Fruit

Thursday, April 25

**Breakfast**

Sausage Patty with Garlic Rice  
Fruit/Fruit Smoothie

**Lunch**

Chicken Kelaguen  
Titiyas/WGR Tortilla  
Vegetable Sticks & Dip  
3 Bean Salad  
Fruit

**Secondary Second Choice**

Cheese Pizza  
Vegetable Sticks & Dip  
3 Bean Salad  
Fruit

Friday, April 26

**Breakfast**

French Toast with Syrup  
Sausage  
Fruit

**Lunch**

Chicken Alfredo with Spinach  
Garden Salad  
Local Vegetables  
Fruit  
Flavored Milk

**Secondary Second Choice**

Taco Packed Salad  
WGR Tortilla/Tortilla Chips  
Fruit

Monday, April 29

**Intercession Day  
Public Schools Closed**

**Breakfast**

Assorted Cereal  
Fruit

**Lunch**

Chicken Curry with  
Carrots and Potatoes  
Broccoli  
Steamed Rice  
Fruit

Tuesday, April 30

**Breakfast**

Fried Rice with Portuguese  
Sausage  
Fruit/Fruit Smoothie

**Lunch**

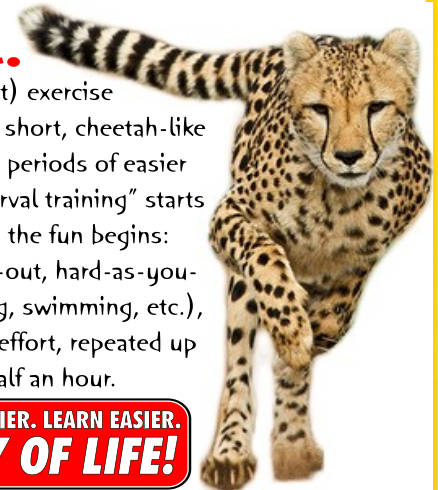
Cheeseburger  
Sandwich Sides  
Sweet Potato Fries  
Fruit

**Secondary Second Choice**

Tofu Lo Mein  
Chinese Cabbage  
Carrots  
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!**