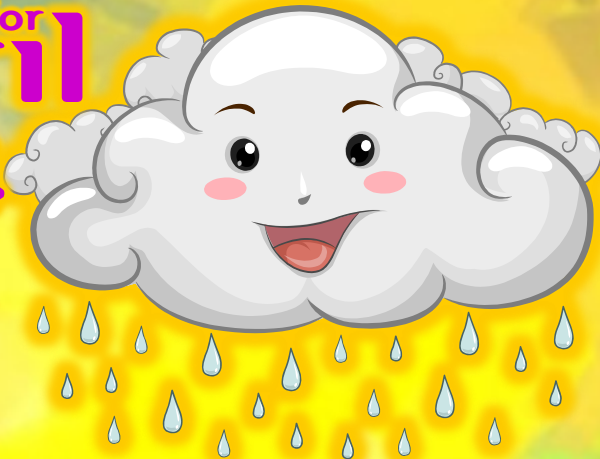


Menus for April 2024

**BEA
ELEMENTARY
MENU**



Available Daily

Breakfast:
 Featured Item– Varies Daily
 Grain Item– Scooby Grahams, Goldfish, Cheezits
 Fruit-1/2 cup, Fruit Juice
 Milk
 Students must select a fruit and/or juice to qualify as a **Free Breakfast.

Laura Frye, Food Service Director
 Laura.frye@beasd.net or 814.355.4868

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

WORLD'S GREATEST APRIL FOOLS TRICKS!

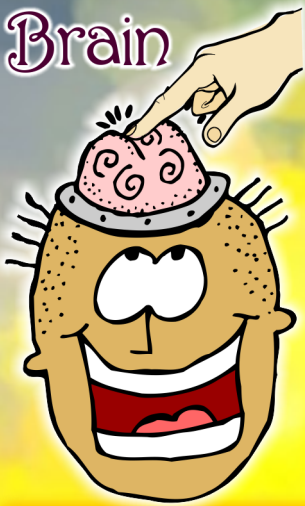


On the morning of April 1, 1974, citizens of Sitka, Alaska awoke to find Mount Edgecumbe, the long-dormant volcano that looms over their town, belching black smoke! **Was the volcano suddenly coming to life?! NO!!!** A local prankster and his buddies had helicoptered a bunch of old tires into the crater 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!

Monday, April 1	Tuesday, April 2	Wednesday, April 3	Thursday, April 4	Friday, April 5
NO SCHOOL	<p>Breakfast Oatmeal Benefit Bar</p> <p>Lunch 1. Pizza Crunchers 2. Warm Cheese Pretzel 3. Chef's Salad & Roll</p> <p>Steamy Broccoli Sweet Peas (Thawed not Cooked) Fresh Veggie Choice Fruit Choice</p>	<p>Breakfast Fruit Strudel</p> <p>Lunch 1. French Toast & Sausage 2. Warm Cheese Pretzel 3. Chef's Salad & Roll</p> <p>Hash Brown Potato Veggie & Fruit Juice Fruit Choice</p>	<p>Breakfast Yogurt & Nutri Grain Bar</p> <p>Lunch 1. Pasta & Meatballs w/ Garlic Breadstick 2. Warm Cheese Pretzel 3. Chef's Salad & Roll</p> <p>Tasty Green Beans Fresh Veggie Choice Fruit Choice</p>	<p>Breakfast Cinni-Mini</p> <p>Lunch 1. Pepperoni Pizza 2. Warm Cheese Pretzel 3. Chef's Salad & Roll</p> <p>Golden Corn Niblett's Fresh Veggie Choice Fruit Choice</p>
Monday, April 8	Tuesday, April 9	Wednesday, April 10	Thursday, April 11	Friday, April 12
<p>Breakfast Fruit Muffin & String Cheese</p> <p>Lunch 1. Homestyle Breaded Chicken Sandwich 2. Pizza Munchable 3. Chef's Salad & Roll</p> <p>Mixed Vegetables Fresh Veggie Choice Fruit Choice</p>	<p>Breakfast Breakfast Bread</p> <p>Lunch 1. Cheesesteak Mini-Sub 2. Pizza Munchable 3. Chef's Salad & Roll</p> <p>Buttered Noodles Carrot Coins Fresh Veggie Choice Fruit Choice</p>	<p>Breakfast Pancake Pack</p> <p>Lunch 1. Chicken Ranch Wrap 2. Pizza Munchable 3. Chef's Salad & Roll</p> <p>Cheesy Cauliflower Fresh Veggie Choice Fruit Choice</p>	<p>Breakfast Yogurt & Cinnamon Grahams</p> <p>Lunch 1. Hot Ham & Cheese Pretzel 2. Pizza Munchable 3. Chef's Salad & Roll</p> <p>Potato Smiles Baby Carrots Fruit Choice</p>	<p>Breakfast Cinni-Minni</p> <p>Lunch 1. Stuffed Crust Pizza 2. Pizza Munchable 3. Chef's Salad & Roll</p> <p>Steamy Broccoli Fresh Veggie Choice Fruit Choice</p>

Brain



Ticklers

Where do baseball teams get their new uniforms?

(Hold the page upside down and read it in a mirror for the answer!)

WJWS (15)

Monday, April 15

Breakfast

Fruit Muffin & String Cheese

Lunch

1. Chicken & Cheese Nachos
2. Sunbutter & Jelly w/ String Cheese
3. Chef's Salad & Roll

Golden Corn Niblets
Fresh Veggie Choice
Fruit Choice
Fruit Churro

Tuesday, April 16

Breakfast

Cinnamon Roll

Lunch

1. Beef Sweet Teriyaki Bites & Roll
2. Sunbutter & Jelly w/ String Cheese
3. Chef's Salad & Roll

Steamed Rice
Mixed Veggies
Fresh Veggie Choice
Fruit Choice

Wednesday, April 17

Breakfast

Oatmeal Benefit Bar

Lunch

1. Turkey & Cheese Mini Sub
2. Sunbutter & Jelly w/ String Cheese
3. Chef's Salad & Roll

Tator Tots
Baby Carrots
Fruit Choice

Thursday, April 18

Breakfast

Yogurt & Nutri Grain Bar

Lunch

1. Popcorn Chicken & Roll
2. Sunbutter & Jelly w/ String Cheese
3. Chef's Salad & Roll

Mashed Potatoes & Gravy
Fresh Veggie Choice
Fruit Choice

Friday, April 19

Breakfast

Cinni-Minni

Lunch

1. Cheesy Mozzarella Breadstick w/ Sauce
2. Sunbutter & Jelly w/ String Cheese
3. Chef's Salad & Roll

Peas & Carrots
Fresh Veggie Choice
Fruit Choice

Monday, April 22

Breakfast

Fruit Muffin & String Cheese

Lunch

1. French Toast Sticks & Sausage
2. Warm Cheese Pretzel
3. Chef's Salad & Roll

Hash Brown Potato
Veggie & Fruit Juice
Fruit Choice

Tuesday, April 23

NATIONAL PICKNIC DAY

Breakfast

Fruit Strudel

Lunch

1. Cheeseburger on Bun
2. Warm Cheese Pretzel
3. Chef's Salad & Roll

Pasta Primavera Salad
Fresh Veggie Choice
Fruit Choice
Frozen Juice Treat

Wednesday, April 24

Breakfast

French Toast Pack

Lunch

1. Meatball Mini Sub
2. Warm Cheese Pretzel
3. Chef's Salad & Roll

Potato Smiles
Fresh Veggie Choice
Fruit Choice

Thursday, April 25

Breakfast

Yogurt & Cinnamon Grahams

Lunch

1. Beef & Cheese Walking Taco
2. Warm Cheese Pretzel
3. Chef's Salad & Roll

Golden Corn Niblets
Fresh Veggie Choice
Fruit Choice

Friday, April 26

Breakfast

Cinni-Minni

Lunch

1. Pepperoni Pizza
2. Warm Cheese Pretzel
3. Chef's Salad & Roll

Steamy Broccoli
Baby Carrots
Fruit Choice

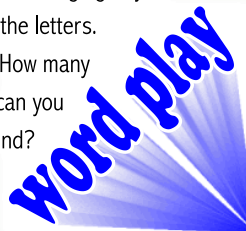


THEREIN

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

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

Tuesday, April 30

Breakfast

Breakfast Bread

Lunch

1. Homestyle Breaded Chicken Sandwich
2. Pizza Munchable
3. Chef's Salad & Roll

Oven Fries
Veggie Choice
Fruit Choice

Monday, April 29

Breakfast

Fruit Muffin & String Cheese

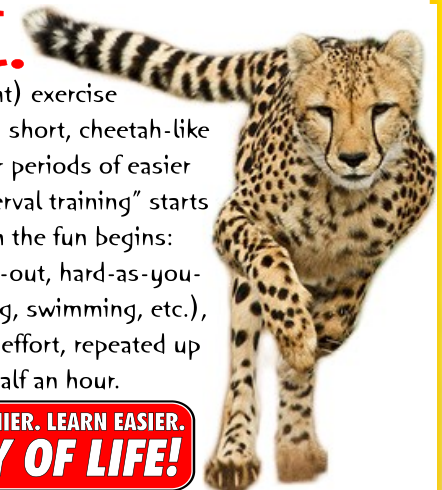
Lunch

1. Mini Turkey Corn Dog Bites
2. Pizza Munchable
3. Chef's Salad & Roll

California Blend Veggies
Sweet Green Peas (thawed not cooked)
Fruit Choice

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!