

MENUS FOR APRIL

2024

Waverly Intermediate
School
District 145
Waverly, NE



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

No School

Tuesday, April 2

Breakfast

Yogurt & Cereal Bowl
Fruit or 100% Juice, Milk

Lunch

Chicken Nuggets
16g
WG Chip

Wednesday, April 3

Breakfast

Cocoa Puff Pastry 45g
And/or Cereal Bowl,
Fruit or 100% Juice Milk

Lunch

Turkey 12g
Mashed Potatoes/
Gravy 34g
Dinner Roll 20g
Fresh Fruit
Fresh Vegetable
Milk

Thursday, April 4

Breakfast

Breakfast Pizza 23g
And/or Cereal Bowl,
Fruit or 100% Juice, Milk

Lunch

Mini Corn Dogs
22g
WG Chip
Strawberries

Friday, April 5

No School

Monday, April 8

Breakfast

2 Poptarts or 1 poptart
38g & Cereal Bowl, Fruit
or 100% Juice Milk

Lunch

Chicken Tenders
22g
Smiley Fries 25g

Tuesday, April 9

Breakfast

2 Emogi Chocolate Chip
Waffles 30g And/or
Cereal Bowl Fruit or
100% Juice, Milk

Lunch

French Toast 48g
Egg Patty 1g
Sausage 0g
Tator Tots 17g

Wednesday, April 10

Breakfast

Cinnamon Toast Crunch
Pastry 41g And/or
Cereal Bowl Fruit or
100% Juice, Milk

Lunch

.Rotini & Meat
Sauce
Rotini 78g
Sauce 4g
Breadstick 16g
Fresh Fruit
Fresh Vegetable,
Milk

Thursday, April 11

Breakfast

Breakfast Pizza 23g
And/or Cereal Bowl,
Fruit or 100% Juice, Milk

Lunch

Beef Nachos 38g
Cheese - 2g
Smiley Fries 25g
Strawberries &
Cucumbers
Cookie 34g

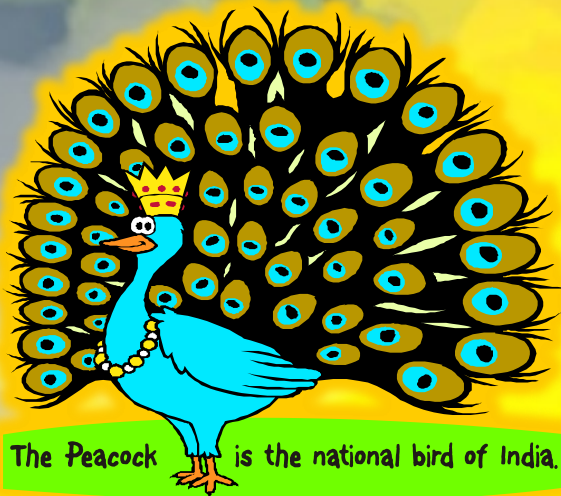
Friday, April 12

Breakfast

Donut Mini Little John
And/or Cereal Bowl
Fruit or 100% Juice, Milk

Lunch

"Italian Dunker"
5g
(Cheesy Bread)
Marinara Sauce
Fruit by the Foot 17g
Fresh Fruit
Fresh Vegetable,
Milk



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

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

Word play

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

Monday, April 15

Breakfast

Yogurt & Cereal Bowl
Fruit or 100% Juice, Milk

Lunch

Hot Dog 3g
Bun 26g
WG Chip
Fresh Fruit
Fresh Vegetable
Milk

Tuesday, April 16

Breakfast

Cocoa Puff Pastry 45g
And/or Cereal Bowl,
Fruit or 100% Juice Milk

Lunch

Mac & Cheese 43g
Breadstick 16g
Tossed Salad with
Ranch Dressing
Vanilla Ice Cream
Cup 16g

Wednesday, April 17

Breakfast

Breakfast Pizza 23g
And/or Cereal Bowl,
Fruit or 100% Juice, Milk

Lunch

Chicken Drumstick
6g
Mashed Potatoes/
Gravy 34g
Homemade Dinner
Roll 20g

Thursday, April 18

Breakfast

French Toast Sticks 38g
And/or Cereal Bowl
Fruit or 100% Juice, Milk

Lunch

WG Bun 21g
Hamburger 2g
French Fries 24g
Fresh Fruit
Fresh Vegetable
Milk

Friday, April 19

Breakfast

Cinnamon Toast Crunch
Pastry 41g And/or
Cereal Bowl Fruit or
100% Juice, Milk

Lunch

"Viking" Cheese
Pizza 29g
Tossed Salad with
Ranch Dressing

Monday, April 22

Breakfast

2 Poptarts or 1 poptart
38g & Cereal Bowl, Fruit
or 100% Juice Milk

Lunch

WG Cheese stuffed
breadstick 25g
Red Dipping Sauce 7g
Tossed Salad with
Ranch Dressing
Graham Cracker
Snack 11g

Tuesday, April 23

Breakfast

2 Emogi Chocolate Chip
Waffles 30g And/or
Cereal Bowl Fruit or
100% Juice, Milk

Lunch

"BEEF IT UP"
Local Beef Patties 0g
Homemade Bun 22g
French Fries 24g
Fresh Fruit
Fresh Vegetable
Milk

Wednesday, April 24

Breakfast

Cinnamon Toast Crunch
Pastry 41g And/or
Cereal Bowl Fruit or
100% Juice, Milk

Lunch

Asian Orange
Chicken - 19g
Rice WGR 1/2 cup 36g
Fortune Cookie - 16g
Fruit & Vegetable
Milk

Thursday, April 25

Breakfast

Breakfast Pizza 23g
And/or Cereal Bowl,
Fruit or 100% Juice, Milk

Lunch

Deli Sandwich
23g
WG Chips

Friday, April 26

No School

Monday, April 29

Breakfast

Yogurt & Cereal Bowl
Fruit or 100% Juice, Milk

Lunch

Pancakes 42g
Egg Patty 1g &
Sausage 0g
Syrup 26g

Tuesday, April 30

Breakfast

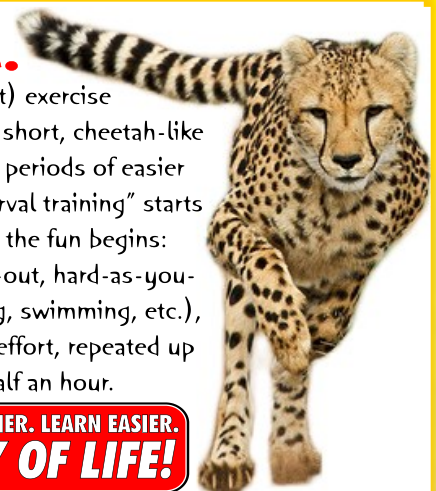
Cocoa Puff Pastry 45g
And/or Cereal Bowl,
Fruit or 100% Juice Milk

Lunch

Chef's 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!