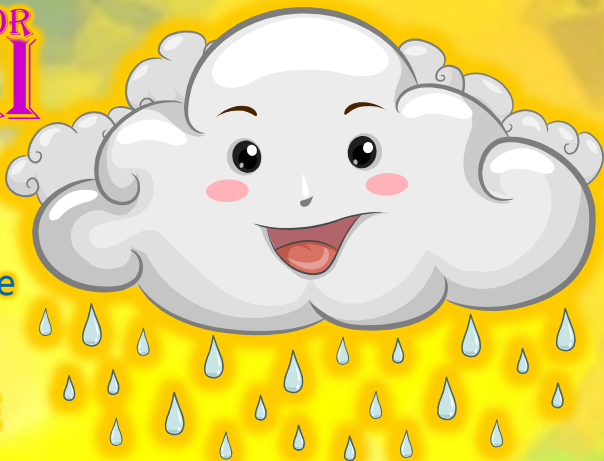


MENUS FOR APRIL 2024

Waverly Middle
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

Breakfast Cookie 44g
And/or Cereal Bowl
Fruit, 100% Juice, Milk

Lunch

Bacon Double
Cheeseburger –
33g
WG Chip

Wednesday, April 3

Breakfast

Cocoa Puff Pastry 45g &
Cereal Bowl, Fruit, 100%
Juice Milk

Lunch

Softshell
Beef Taco 54g
Spanish Rice 38g
& Dorito Chips
Sour Cream/Salsa

Thursday, April 4

Breakfast

WG Cinni Minnis - 35g
And/or Cereal Bowl
Fruit, 100% Juice, Milk

Lunch

Home-style
"Viking" Cheese
Pizza 33g
WG Cookie
Fresh Fruit, Fresh
Vegetable
Milk

Friday, April 5

No School

Monday, April 8

Breakfast

Pancake Bites 37g &
Cereal Bowl, Fruit,
100% Juice Milk

Lunch

Corndog 30g
&
Fries – 44g

Tuesday, April 9

Breakfast

Maple Waffle 30g
& Cereal Bowl,
Fruit, 100% Juice
Milk

Lunch

Turkey &
Provolone Cheese
Melt 28g
Grain Chip

Wednesday, April 10

Breakfast

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

Lunch

Breaded Chicken
Sandwich 33g
Fries 44g

Thursday, April 11

Breakfast

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

Lunch

Ham 0g
Scalloped
Potatoes 44g
2 Dinner Roll (20g
each)

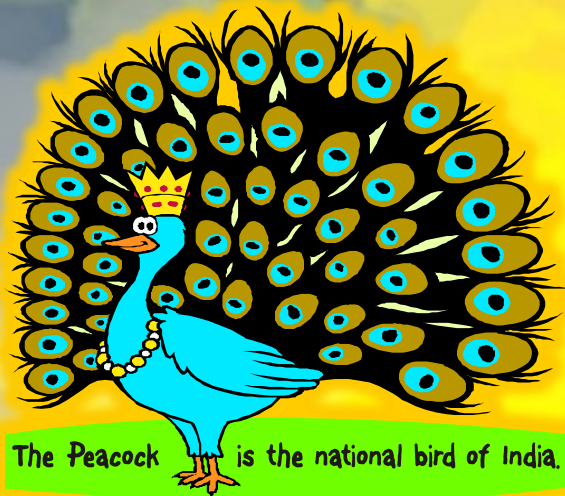
Friday, April 12

Breakfast

French Toast Sticks 38g
& Cereal Bowl Fruit,
100% Juice, Milk

Lunch

Slow cooked
Pork Shoulder
Mac & Cheese
22g
Dinner Roll 20g



The Peacock is the national bird of India.



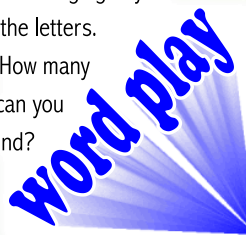
THEREIN

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

Breakfast Cookie 44g
And/or Cereal Bowl
Fruit, 100% Juice, Milk

Lunch

Chef's Choice

Tuesday, April 16

Breakfast

Cocoa Puff Pastry 45g &
Cereal Bowl, Fruit, 100%
Juice Milk

Lunch

Beef Fiestada 43g
Cinnamon Churro
31g
Fresh Fruit, Fresh
Vegetable
Milk

Wednesday, April 17

Breakfast

French Toast Sticks 38g
& Cereal Bowl Fruit,
100% Juice, Milk

Lunch

Softshell
Chicken Taco 54g
Spanish Rice 38g
& Dorito Chips
Sour Cream/Salsa

Thursday, April 18

Breakfast

WG Cinni Minnis - 35g
And/or Cereal Bowl
Fruit, 100% Juice, Milk

Lunch

Rotini & Meat
Sauce 82g
Cheese
Breadstick 25g

Friday, April 19

Breakfast

Mini Waffles - 35g &
Cereal Bowl Fruit, 100%
Juice, Milk

Lunch

Fish Sticks 33g
Fries 44g
Tartar Sauce 0g
2-Dinner Roll

Monday, April 22

Breakfast

Pancake Bites 37g &
Cereal Bowl, Fruit,
100% Juice Milk

Lunch

Chicken Strips 44g
Dipping Sauce
Dinner Roll 20g
WG Chip

Tuesday, April 23

Breakfast

Maple Waffle 30g
& Cereal Bowl,
Fruit, 100% Juice
Milk

Lunch

BBQ Shredded
Pork Sandwich 18g
on Hoagie Bun 26g
WG chip

Wednesday, April 24

Breakfast

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

Lunch

Hot Dog 29g
Sour Cream &
Chive Potato
Wedges 25g

Thursday, April 25

Breakfast

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

Lunch

Turkey 12g
Mashed
Potatoes
Gravy 34g
2-Dinner Roll (20g
each)

Friday, April 26

No School

Monday, April 29

Breakfast

Breakfast Cookie 44g
And/or Cereal Bowl
Fruit, 100% Juice, Milk

Lunch

Orange Chicken 19g
Seasoned Rice 38g
Egg Roll 21g
Soy sauce
Fresh Fruit, Fresh
Vegetable
Milk

Tuesday, April 30

Breakfast

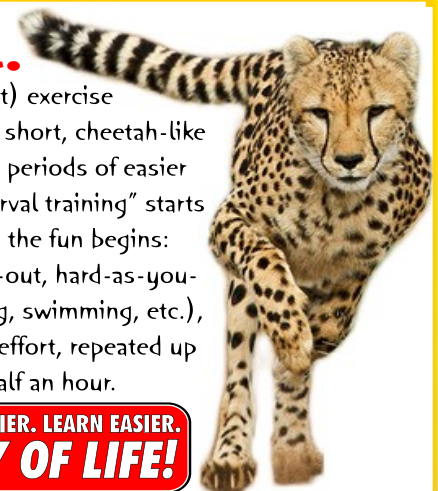
Maple Waffle 30g
& Cereal Bowl,
Fruit, 100% Juice
Milk

Lunch

Meatloaf 14g
Mashed Potatoes
Gravy 34g
2-Dinner Roll (20g
each)

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!