

# Menus for April 2024

KIBSD  
HIGH SCHOOL



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>Breakfast</b> Oatmeal Chilled Fruit Choice of Milk</p> <p><b>Lunch</b> Pizza Fresh Salad Baby Carrots Chilled Fruit Choice of Milk</p>	<p><b>Breakfast</b> Waffle Chilled Fruit Choice of Milk</p> <p><b>Lunch</b> Chicken Strips Peas and Carrots Tater Gems Chilled Fruit Choice of Milk</p>	<p><b>Breakfast</b> Churro Chilled Fruit Choice of Milk</p> <p><b>Lunch</b> Teriyaki Wonder Bites Rice Normandy Vegetables Chilled Fruit Choice of Milk</p>	<p><b>Breakfast</b> Pancake Chilled Fruit Choice of Milk</p> <p><b>Lunch</b> Spaghetti w Meat Sauce Green Beans Chilled Fruit Choice of Milk</p>	<p><b>Breakfast</b> Smoothie Muffin Fresh Fruit Choice of Milk</p> <p><b>Lunch</b> Baja Fish Sticks Midori Vegetables Chilled Fruit Choice of Milk</p>
Monday, April 8	Tuesday, April 9	Wednesday, April 10	Thursday, April 11	Friday, April 12
<p><b>Breakfast</b> Cereal Chilled Fruit Choice of Milk</p> <p><b>Lunch</b> Pizza Fresh Salad Baby Carrots Chilled Fruit Choice of Milk</p>	<p><b>Breakfast</b> Pancakes Fresh Fruit Choice of Milk</p> <p><b>Lunch</b> Chicken Pancit Midori Vegetables Chilled Fruit Choice of Milk</p>	<p><b>Breakfast</b> Cinnamon Roll Chilled Fruit Choice of Milk</p> <p><b>Lunch</b> Chicken Nuggets Golden Corn Chilled Fruit Choice of Milk</p>	<p><b>Breakfast</b> Colby Cheese Omelet Chilled Fruit Choice of Milk</p> <p><b>Lunch</b> Eggroll Brown Rice Ca Cut Vegetables Chilled Fruit Choice of Milk</p>	<p><b>Breakfast</b> Smoothie Muffin Fresh Fruit Choice of Milk</p> <p><b>Lunch</b> Ravioli Fresh Salad 3 Way Vegetables Chilled Fruit Choice of Milk</p>

*A Note from the Food Service Coordinator*

*Thank you Kodiak Seiners Association (KSA) and Local Processors for the donation of Locally Caught Fish*



**Kodiak Seiners Association**

**Monday, April 15**

**Breakfast**

Oatmeal  
Chilled Fruit  
Choice of Milk

**Lunch**

Pizza  
Fresh Salad  
Baby Carrots  
Chilled Fruit  
Choice of Milk

**Tuesday, April 16**

**Breakfast**

Breakfast Pizza  
Fresh Fruit  
Choice of Milk

**Lunch**

Burrito  
Black Beans  
Green Beans  
Chilled Fruit  
Choice of Milk

**Wednesday, April 17**

**Breakfast**

Breakfast Wrap  
Chilled Fruit  
Choice of Milk

**Lunch**

Rib Patty Sandwich  
Cole Slaw  
Golden Corn  
Chilled Fruit  
Choice of Milk

**Thursday, April 18**

**Breakfast**

Bagel with Cream Cheese  
Chilled Fruit  
Choice of Milk

**Lunch**

Chicken Patty Sandwich  
Lettuce/Tomato  
Green Beans  
Tater Gems  
Chilled Fruit  
Choice of Milk

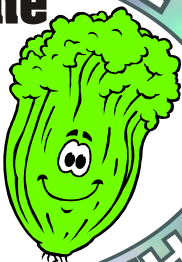
**Friday, April 19**

**NO SCHOOL**

**INSERVICE**

**VEGETABLE Romaine**

Romaine lettuce contains six times more vitamin C, four times more calcium, and ten times more beta carotene than ordinary iceberg lettuce, and it's very high in folic acid, too. Best of all, it has more flavor!



**OF THE MONTH**

**Monday, April 22**

**Breakfast**

Cereal  
Chilled Fruit  
Choice of Milk

**Lunch**

Beef Crumble Gravy  
Midori Vegetables  
Fresh Fruit  
Choice of Milk

**Tuesday, April 23**

**Breakfast**

Scrambled Egg  
Chilled Fruit  
Choice of Milk

**Lunch**

Hot Pocket  
Chilled Fruit  
Fresh Salad  
Choice of Milk

**Wednesday, April 24**

**Breakfast**

French Toast  
Chilled Fruit  
Choice of Milk

**Lunch**

Popcorn Chicken Bowl  
Chilled Fruit  
Choice of Milk

**Thursday, April 25**

**Breakfast**

Breakfast Burrito  
Chilled Fruit  
Choice of Milk

**Lunch**

Hamburger  
Lettuce/Tomato  
Baked Beans  
Chilled Fruit  
Choice of Milk

**Friday, April 26**

**Breakfast**

Smoothie  
Muffin  
Fresh Fruit  
Choice of Milk

**Lunch**

Salmon Salad Sandwich  
Lettuce/Tomato  
Potato Wedges  
Chilled Fruit  
Choice of Milk

**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

**Word play**

**Monday, April 29**

**Breakfast**

Oatmeal  
Chilled Fruit  
Choice of Milk

**Lunch**

Pizza  
Fresh Salad  
Baby Carrots  
Chilled Fruit  
Choice of Milk

**Tuesday, April 30**

**Breakfast**

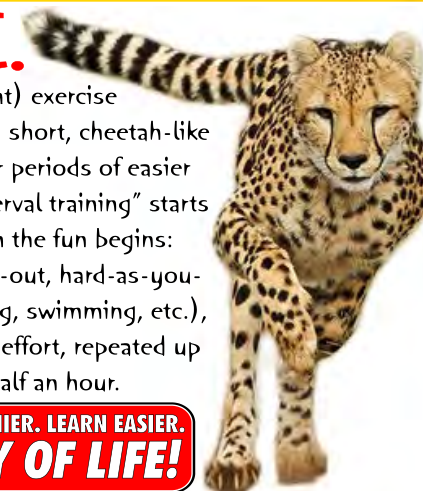
Waffle  
Chilled Fruit  
Choice of Milk

**Lunch**

Chicken Strips  
Peas and Carrots  
Tater Gems  
Chilled Fruit  
Choice of Milk

**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!**