

Menus for April 2024

**KIBSD
MIDDLE 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><u>Breakfast</u> Oatmeal Chilled Fruit Choice of Milk</p> <p><u>Lunch</u> Pizza Fresh Salad Baby Carrots Chilled Fruit Choice of Milk</p> | <p><u>Breakfast</u> Waffle Chilled Fruit Choice of Milk</p> <p><u>Lunch</u> Chicken Strips Peas and Carrots Tater Gems Chilled Fruit Choice of Milk</p> | <p><u>Breakfast</u> Churro Chilled Fruit Choice of Milk</p> <p><u>Lunch</u> Teriyaki Wonder Bites Rice Normandy Vegetables Chilled Fruit Choice of Milk</p> | <p><u>Breakfast</u> Pancake Chilled Fruit Choice of Milk</p> <p><u>Lunch</u> Spaghetti w Meat Sauce Green Beans Chilled Fruit Choice of Milk</p> | <p><u>Breakfast</u> Breakfast Wrap Fresh Fruit Choice of Milk</p> <p><u>Lunch</u> 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><u>Breakfast</u> Cereal Chilled Fruit Choice of Milk</p> <p><u>Lunch</u> Pizza Fresh Salad Baby Carrots Chilled Fruit Choice of Milk</p> | <p><u>Breakfast</u> Pancakes Fresh Fruit Choice of Milk</p> <p><u>Lunch</u> Chicken Pancit Midori Vegetables Chilled Fruit Choice of Milk</p> | <p><u>Breakfast</u> Cinnamon Roll Chilled Fruit Choice of Milk</p> <p><u>Lunch</u> Chicken Nuggets Golden Corn Chilled Fruit Choice of Milk</p> | <p><u>Breakfast</u> Colby Cheese Omelet Chilled Fruit Choice of Milk</p> <p><u>Lunch</u> Eggroll Brown Rice Ca Cut Vegetables Chilled Fruit Choice of Milk</p> | <p><u>Breakfast</u> Pancake on a Stick Chilled Fruit Choice of Milk</p> <p><u>Lunch</u> 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

Breakfast Pizza
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

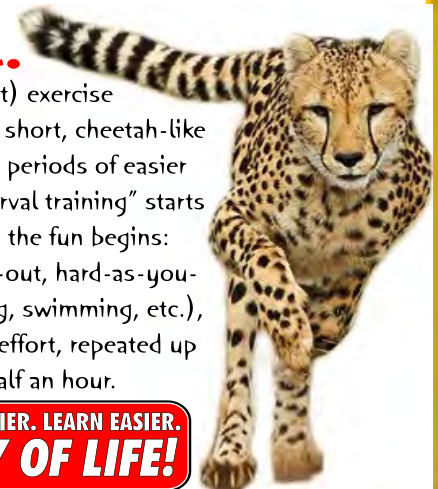
Waffle
Chilled Fruit
Choice of Milk

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!