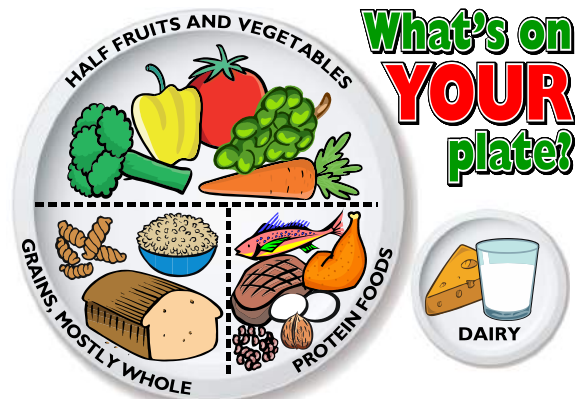




This institution is an equal opportunity provider. Menus are subject to change.



**Answer:** Iceberg lettuce! Actually, iceberg lettuce is also the least nutritious of a very nutritious family of vegetables. Try other kinds of greens in salads and on sandwiches for more flavor and greater nutritional value!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**Conemaugh Township Elementary**  
Lunch \$2.05 Reduced \$1.40  
Breakfast: Free



Since April 1 falls on a weekend this year, Congress passed a law declaring that "all pranks, practical jokes, tricks, and

other April Fool's mischief shall, by law, be perpetrated on Monday, April 3 instead." Please plan accordingly. (And, oh yeah, April Fool's.)

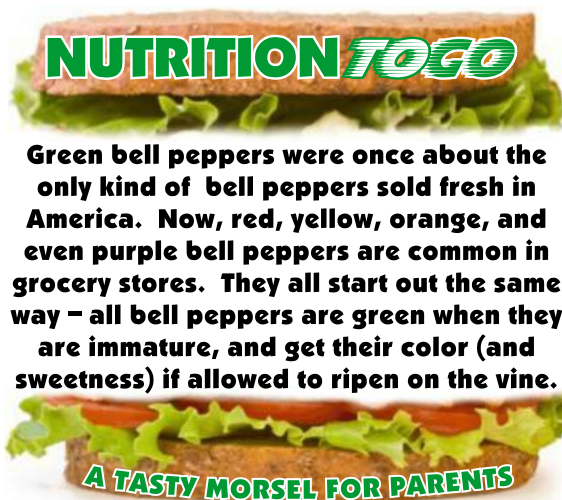
## STAIRWAY TO HEALTH.



Wellness is determined by dozens of small choices we all make every day. For example, take the stairs – no, really, TAKE THE STAIRS! It's estimated that stair-climbing for just 2 minutes a day (6-8 flights) will burn enough calories to prevent annual weight gain for the average American.

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

Monday, April 3 B	Tuesday, April 4 C	Wednesday, April 5 D	Thursday, April 6 E	Friday, April 7 F
<b>Breakfast</b> Flapsticks	<b>Breakfast</b> French Toast Sticks	<b>Breakfast</b> Breakfast Smore	<b>Breakfast</b> Churro	<b>Breakfast</b> Dutch Waffle
<b>Lunch</b> Chicken Fries w/ Roll Or Chicken Quesadilla	<b>Lunch</b> Italian Panini Or Sloppy Joe	<b>Lunch</b> Popcorn Chicken Or Popcorn Shrimp	<b>Easter Dinner</b> Baked Ham Or Deli Sandwich	<b>Lunch</b> Pizza Or Chicken Salad Pita
French Fries Broccoli Fruit	Pasta Salad Roasted Vegetables Carrot Sticks Fruit	Buttered Noodles Corn Fruit	Mashed Potatoes Dinner Roll Green Beans w/ Bacon Fruit	Tossed Salad Sweet Potatoes Fruit
Monday, April 10 A	Tuesday, April 11 B	Wednesday, April 12 C	Thursday, April 13 D	Friday, April 14
<b>Breakfast</b> Breakfast Pizza	<b>Breakfast</b> Pancakes	<b>Breakfast</b> Assorted Muffin	<b>Breakfast</b> Breakfast Sandwich	
<b>Lunch</b> Chicken Patty Sandwich Or Corn Dog	<b>Lunch</b> Soft Taco Or Nachos Grande	<b>Lunch</b> Chicken over Biscuits Or Deli Sandwich	<b>Lunch</b> Pizza Or Ham & Cheese Sandwich	
Macaroni & Cheese Carrots Cauliflower Fruit	Breadsticks Corn & Rice Carrots Fruit	Mashed Potatoes Peas Fruit	Tossed Salad Carrot Sticks Fruit	



**Green bell peppers were once about the only kind of bell peppers sold fresh in America. Now, red, yellow, orange, and even purple bell peppers are common in grocery stores. They all start out the same way – all bell peppers are green when they are immature, and get their color (and sweetness) if allowed to ripen on the vine.**

# ◆ WONDERS OF THE WORLD ◆

Mauna Loa and Kilauea volcanoes in Hawaii are known for heat – especially for Kilauea's spectacular lava flows into the Blue Pacific. But Mauna Loa also rises nearly 14,000 feet above its ocean shore, high enough to get some snow every year, and sometimes a lot of snow. Last December, several feet fell on the highest mountains in Hawaii, and just last month in March there was a blizzard warning! This snowboarder is getting some air within sight of the world's largest astronomical observatory atop Mauna Kea, a dormant volcano and the tallest of the Hawaiian mountains.



# ◆ HAWAII VOLCANOES NATIONAL PARK ◆

## ★ OUR NATION'S HISTORY ★

**T**his is the Dome of the United States Capitol building in Washington, D.C. The part of the building just under the Statue of Freedom near the top is what architects call the "tholos," and if the light in the Capitol's tholos is lit at night, that means that one or both of the U.S. Senate and the U.S. House of Representatives are in session. This tradition is believed to have begun in the 1800's when many members of Congress lived in area houses and they needed to convene when to board and they know!



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Monday, April 17



Tuesday, April 18 E

**Breakfast**  
Breakfast Smore

**Lunch**  
Chicken Fajita  
Or  
Turkey Bacon Wrap

Tater Tots  
Broccoli  
Fruit

Wednesday, April 19 F

**Breakfast**  
Sausage & Eggs

**Lunch**  
Spaghetti w/ Meat Sauce  
Or  
Chicken Patty Sandwich

Italian Bread  
Tossed Salad, Green Beans  
Fruit

Thursday, April 20 A

**Breakfast**  
Waffles w/ Berries & Cream

**Lunch**  
Chicken Nuggets  
Or  
Hot Ham & Cheese Croissant

Roasted Fresh Veggies  
Sweet Potatoes  
Fruit

Friday, April 21 B

**Breakfast**  
Breakfast Pizza

**Lunch**  
Bacon Cheeseburger  
Or  
Chili Cheese Dog

Baked Beans  
Fries w/ Cheese  
Fruit

Monday, April 24 C

**Breakfast**  
Donut Holes

**Lunch**  
BBQ Rib Sandwich  
Or  
Baked Italian Hoagie

Sweet Potato Fries  
Baked Beans  
Fruit

Tuesday, April 25 D

**Breakfast**  
Eggs & Hashbrowns

**Lunch**  
Pepperoni Roll  
Or  
Pulled Pork Sandwich

Romaine Garden Salad  
Chicken Noodle Soup  
Cole Slaw  
Fruit

Wednesday, April 26 E

**Breakfast**  
Dutch Waffle

**Lunch**  
Grilled Chicken Sandwich  
Or  
Hot Dog

Pierogies  
Green Beans  
Fruit

Thursday, April 27 F

**Breakfast**  
Cinnamon Roll

**Lunch**  
Roasted Chicken  
Or  
Uncrustable PB & J  
(3rd grade Ch Nuggets)

Mashed Potatoes  
Peas & Carrots  
Fruit

Friday, April 28

**Breakfast**  
Fruit Frudel

**Lunch**  
Pizza  
Or  
Deli Sandwich

Tossed Salad  
Carrot Sticks w/ Dip  
Fruit