

FLORENCE SCHOOL DISTRICT 5

menus for

# APRIL 2021

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

## Keep up the fight!

Another round of stimulus checks and other kinds of help are going out for American families and businesses, as we all try to fight through this pandemic and reach a brighter day. Free school meals are a big part of that effort. Whether your free meals are available at school, for curbside pick-up, or by some other means, we urge you, for the good of your family, our schools, and our community, to please take advantage of this stimulus, too!

### School Meals

We serve education every day™

Thursday, April 1

**Breakfast**

Pop Tart / Yogurt  
Fruit or Juice Choice  
Milk Choice

**BAG Lunch**

Chef Salad  
w/ Chicken and Crackers  
Or  
Turkey and Cheese Sandwich  
Chips  
Sliced Tomato  
Carrots / Ranch  
Fruit & Milk Choice

Friday, April 2

**Virtual Day**

## SPEED OF FLIGHT

**Peregrine Falcon**  
Fastest Animal  
on Earth!

Peregrine Falcons mainly hunt other birds – birds as small as a hummingbird and as big as a seagull! Their favorite target in much of their range is the pigeon. Peregrines will climb way, way up in the sky and then suddenly drop sharply into an ultra-streamlined dive, or “stoop,” reaching 200 miles per hour or more before contact! Poor pigeons!

**ANIMAL APPETITES**

## Watch the winter melt away!

# Spring Break!

Break begins at the end of virtual classes:

**Friday, April 2**

Classes resume:

**Monday, April 12**

Monday, April 12

**Breakfast**

Blueberry Muffin  
Fruit or Juice Choice  
Milk Choice

**Lunch**

Chef Salad  
w/ Ham and Crackers  
Or  
Chicken Filet Sandwich  
Lettuce / Tomato / Mayo  
Waffle Fries  
Ketchup  
Fruit & Milk Choice

Tuesday, April 13

**Breakfast**

Sausage Patty / Biscuit  
Fruit or Juice Choice  
Milk Choice

**Lunch**

Chef Salad  
w/ Chicken and Crackers  
Or  
Chicken Tenders  
Mac & Cheese  
Green Beans  
Carrot Sticks w/ Ranch  
Fruit & Milk Choice

Wednesday, April 14

**Breakfast**

Cinnamon Roll  
Fruit or Juice Choice  
Milk Choice

**Lunch**

Chef Salad  
w/ Ham and Crackers  
Or  
Pizza  
Corn  
Salad w/ Ranch  
Fruit & Milk Choice

Thursday, April 15

**Breakfast**

Pop Tart / Yogurt  
Fruit or Juice Choice  
Milk Choice

**Lunch**

Chef Salad  
w/ Chicken and Crackers  
Or  
Steak w/ Gravy  
Mashed Potatoes  
Black-Eyed Peas  
Fruit & Milk Choice

Friday, April 16

**Breakfast**

Cereal & Graham Crackers  
Fruit or Juice Choice  
Milk

**BAG Lunch**

Chef Salad  
w/ Ham and Crackers  
Or  
Ham and Cheese Sandwich  
Chips  
Sliced Tomato  
Carrot Sticks w/ Ranch  
Fruit & Milk Choice

**Monday, April 19**

**Breakfast**

Blueberry Muffin  
Fruit or Juice Choice  
Milk Choice

**Lunch**

Chef Salad  
w/ Ham and Crackers  
Or  
BBQ on Bun  
French Fries  
Ketchup  
Carrot Sticks w/ Ranch  
Fruit & Milk Choice

**Tuesday, April 20**

**Breakfast**

Sausage Patty / Biscuit  
Fruit or Juice Choice  
Milk Choice

**Lunch**

Chef Salad  
w/ Chicken and Crackers  
Or  
Popcorn Chicken  
Green Beans  
Yams\*  
Fruit & Milk Choice

**Wednesday, April 21**

**Breakfast**

Cinnamon Roll  
Fruit or Juice Choice  
Milk Choice

**Lunch**

Chef Salad  
w/ Ham and Crackers  
Or  
Hamburger on Bun  
Lettuce / Tomato / Mayo  
French Fries  
Ketchup  
Fruit & Milk Choice

**Thursday, April 22**

**Breakfast**

Pop Tart / Yogurt  
Fruit or Juice Choice  
Milk Choice

**Lunch**

Chef Salad  
w/ Chicken and Crackers  
Or  
Roasted Chicken w/ Roll  
Mashed Potatoes  
Broccoli w/ Cheese  
Fruit & Milk Choice

**Friday, April 23**

**Breakfast**

Cereal & Graham Crackers  
Fruit or Juice Choice  
Milk Choice

**Lunch**

Chef Salad  
w/ Ham and Crackers  
Or

**MANAGERS CHOICE**

**Monday, April 26**

**Breakfast**

Blueberry Muffin  
Fruit or Juice Choice  
Milk Choice

**Lunch**

Chef Salad  
w/ Ham and Crackers  
Or  
Chicken Filet Sandwich  
Lettuce / Tomato / Mayo  
Waffle Fries  
Ketchup  
Fruit & Milk Choice

**Tuesday, April 27**

**Breakfast**

Sausage Patty / Biscuit  
Fruit or Juice Choice  
Milk Choice

**Lunch**

Chef Salad  
w/ Chicken and Crackers  
Or  
Chicken Tenders  
Mac & Cheese  
Green Beans  
Carrot Sticks w/ Ranch  
Fruit & Milk Choice

**Wednesday, April 28**

**Breakfast**

Cinnamon Roll  
Fruit or Juice Choice  
Milk Choice

**Lunch**

Chef Salad  
w/ Ham and Crackers  
Or  
Pizza  
Corn  
Salad w/ Ranch  
Fruit & Milk Choice

**Thursday, April 29**

**Breakfast**

Pop Tart / Yogurt  
Fruit or Juice Choice  
Milk Choice

**Lunch**

Chef Salad  
w/ Chicken and Crackers  
Or  
Steak w/ Gravy  
Mashed Potatoes  
Black-Eyed Peas  
Fruit & Milk Choice

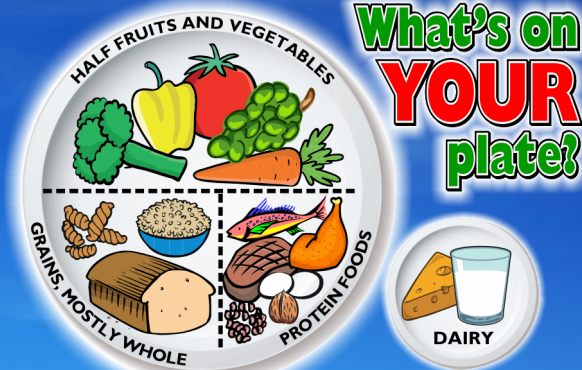
**Friday, April 30**

**Breakfast**

Cereal & Graham Crackers  
Fruit or Juice Choice  
Milk Choice

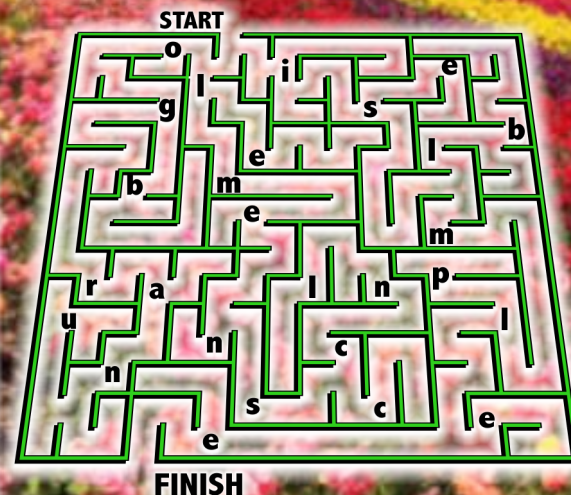
**BAG Lunch**

Chef Salad  
w/ Ham and Crackers  
Or  
Ham and Cheese Sandwich  
Chips  
Sliced Tomato  
Carrot Sticks w/ Ranch  
Fruit & Milk Choice



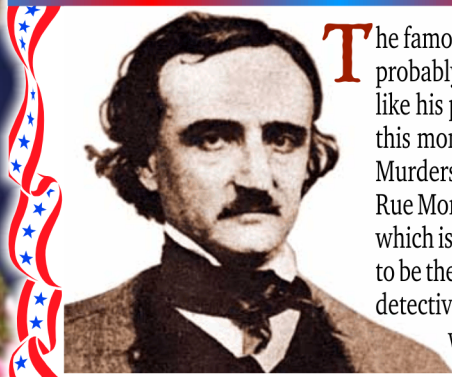
**What's on YOUR plate?**

Long ago, sailors used to suffer from a condition called "scurvy," until British sailors started taking a certain fruit (which contained a lot of vitamin C) with them on their voyages. Like magic, no more scurvy! To identify these magical fruits, trace a path through the maze, collecting letters as you go. Then, rearrange the letters you found on the correct path to get the answer!



**ANSWER:**

**★ OUR NATION'S HISTORY ★**



The famous American writer Edgar Allan Poe is probably best remembered for spooky works like his poem "The Raven," but 168 years ago this month, in April 1841, he published "The Murders in the Rue Morgue," which is considered to be the very first detective story ever written.



**★ WITH LIBERTY & JUSTICE FOR ALL ★**

**THE PONY EXPRESS**



The Pony Express began its 2,000-mile service from Missouri to California in April 1860. The cost was \$10 per ounce of mail, and delivery time was about 10 days.

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)