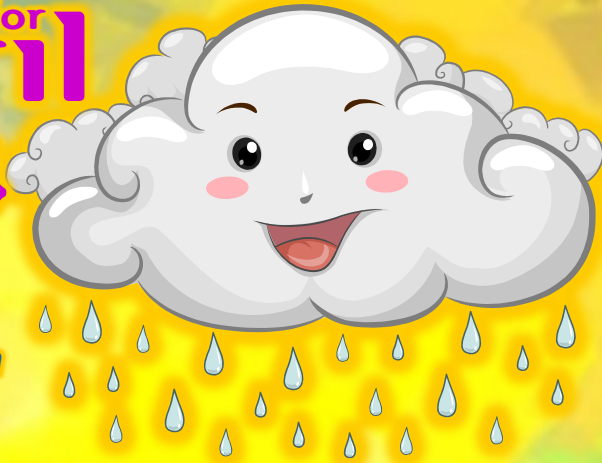


# Menus for April 2024

Conemaugh Township Middle / 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!

## No School



## April 1 & 2

# 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

### Wednesday, April 3

**Breakfast**  
French Toast Bar or  
Scrambled Eggs &  
Hashbrown

**Lunch**  
Bacon Cheeseburger  
Or  
Ham BBQ Sandwich

French Fries  
Broccoli w/ Cheese  
Fruit

### Thursday, April 4

**Breakfast**  
Waffles  
Or  
Ham, Egg & Cheese Croissant

**Lunch**  
Soft Taco  
Or  
Nachos Grande  
Breadstick

Corn  
Black Beans  
Fruit

### Friday, April 5

**Breakfast**  
Breakfast Flatbread  
Or  
Fruit Frudel

**Lunch**  
Punky's Pizza  
Or  
Chicken Salad Wrap

Tossed Salad  
Carrot Sticks  
Fruit

### Monday, April 8

**Breakfast**  
Scrambled Eggs & Sausage  
Or  
Mini Loaf

**Lunch**  
Philly Cheese Steak Sandwich  
Or  
Hot Dog / Chili Dog

French Fries  
Baked Beans  
Fruit

### Tuesday, April 9

**Breakfast**  
Flapstick  
Or  
Dunkin Sticks

**Lunch**  
Popcorn Chicken Bowl  
Or  
Bologna & Cheese Sandwich

Mashed Potatoes, Gravy  
Corn  
Fruit

### Wednesday, April 10

**Breakfast**  
Breakfast Pizza  
Or  
Apple Turnover

**Lunch**  
Spaghetti w/ Meat Sauce  
Or  
Chicken Alfredo Pasta

Italian Bread  
Tossed Salad, Green Beans  
Fruit

### Thursday, April 11

**Breakfast**  
Breakfast Sandwich  
Or  
Cinni Mini

**Lunch**  
Chicken Nuggets  
Or  
Turkey Bacon Croissant

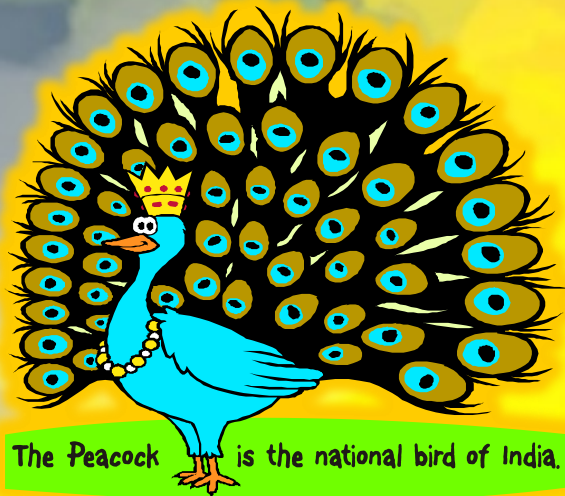
Soft Pretzel  
Potato Smiles  
Broccoli w/ Cheese, Fruit

### Friday, April 12

**Breakfast**  
Dutch Waffle  
Or  
Cheese Omelet & Biscuit

**Lunch**  
Grilled Cheese Sandwich  
Or  
Baja Fish Taco

Tomato Soup  
Peas  
Fruit



The Peacock is the national bird of India.

**Monday, April 15**

**Breakfast**  
Scrambled Eggs & Bacon  
Or  
Bagel w/ Cream Cheese

**Lunch**  
Chicken Parmesan or Crispy Chicken Sandwich  
Or  
Turkey Cheese Wrap

Buttered Noodles  
Green Beans  
Cauliflower, Fruit

**Tuesday, April 16**

**Breakfast**  
Breakfast Burrito  
Or  
Churro

**Lunch**  
Chicken Nachos  
Or  
Baked Italian Hoagie

Broccoli  
Lettuce & Tomato  
Fruit

**Wednesday, April 17**

**Breakfast**  
Sausage Pretzel Sandwich  
Or  
Scone

**Lunch**  
Popcorn Shrimp  
Or  
BBQ Pork Sandwich

Roasted Vegetables  
Corn  
Fruit

**Thursday, April 18**

**Breakfast**  
French Toast Stick  
Or  
Cheese Omelet & Eng Muffin

**Lunch**  
Chicken over Biscuits  
Or  
Deli Sandwich

Mashed Potatoes  
Peas & Carrots  
Fruit

**Friday, April 19**

**Breakfast**  
Tornados  
Or  
Assorted Muffins

**Lunch**  
Pizza  
Or  
Tuna Wrap

Tossed Salad  
Carrot Sticks w/ Dip  
Fruit



**Monday, April 22**

**Breakfast**  
Flapstick  
Or  
Banana Bread

**Lunch**  
Chicken Tenders  
Or  
Corn Dog

Pierogies  
Corn  
Fruit

**Tuesday, April 23**

**Breakfast**  
Fresh Fruit & Yogurt Parfait  
Or  
Assorted Muffin

**Lunch**  
Italian Pita  
Or  
Grilled Chicken Sandwich

Roasted Vegetables  
Carrot  
Fruit

**Wednesday, April 24**

**Breakfast**  
Bacon, Egg & Cheese  
Croissant or  
Cinnamon Roll

**Lunch**  
Cheeseburger  
Or  
Hot Ham & Cheese Sandwich

Loaded Bacon Cheese Fries  
Baked Beans  
Fruit

**Thursday, April 25**

**Breakfast**  
Scrambled Eggs & Biscuit  
or  
Fruit Frudel

**Lunch**  
Meatball Sandwich  
Or  
Buffalo Chicken Dip

Tater Tots  
Green Beans  
Fruit

**Friday, April 26**

**Breakfast**  
Donut Holes  
Or  
Ham, Egg & Cheese Muffin

**Lunch**  
Popcorn Chicken  
Or  
Breaded Cheese Sticks

Tossed Salad  
Sweet Potatoes  
Fruit

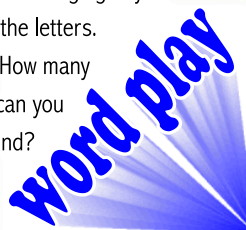
# THEREIN

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 29**

**Breakfast**  
Waffles  
Or  
Sausage, Egg & Cheese Biscuit

**Lunch**  
Oven Roasted Chicken w/ Roll  
Or  
Sloppy Joe

Scalloped Potatoes  
Cauliflower  
Fruit

**Tuesday, April 30**

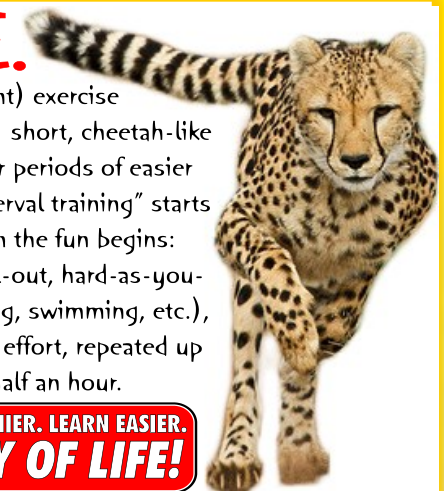
**Breakfast**  
Scrambled Eggs & Ham  
Or  
Dunkin Sticks

**Lunch**  
Soft Shell Punky Taco  
Or  
Nachos Grande

Rice, Black Beans  
Corn  
Fruit

# 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!**