



WE WILL DO IT FOR YOU. MENUS FOR APRIL 2018

**Thermalito UESD
Concow School**

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

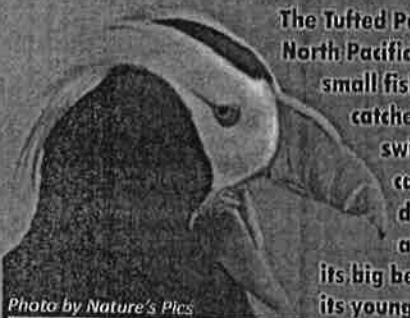
TIME TO BLOSSOM.

The flowers are coming out of hiding – and so should you! That resolution to exercise more that seemed so hard in the cold light of January is much more do-able as the weather warms!



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

BEAK EFFICIENCY.



The Tufted Puffin of the North Pacific eats mostly small fish that it catches as it swims. It may carry several dozen fish all at once in its big beak back to its young in the nest!

Photo by Nature's Pics

ANIMAL APPETITES

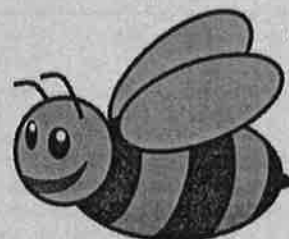
OUR NATION'S HISTORY

The Pony Express debuted on April 3, 1860 when a rider left St. Joseph, Missouri with mail destined for Sacramento, California. Previously, mail had to travel from the East to the Golden State by slow stagecoaches, or by boat all the way around South America. But by swapping horses every 10 miles, changing riders every 100, and riding 24 hours a day, non-stop, the Pony Express could deliver the mail in just 10 days! The operation didn't last long – soon enough, the transcontinental telegraph could deliver short messages almost instantaneously, and larger mail could be transported cross-country by train.



WITH LIBERTY & JUSTICE FOR ALL

Put them together and they add up to



**Last day of classes:
Thursday, March 29**

**Classes resume:
Monday, April 9**

Monday, April 9

Breakfast

Pancake Wrap
Applesauce Cup
Fresh Fruit
Milk

Lunch

Mini Chicken Corn Dogs
Garden Salad Bar
Milk

Tuesday, April 10

Breakfast

Cold Cereal
Fruit
Milk

Lunch

Smoke House Turkey Stick
String Cheese
Apple Slices
Jicama Sticks
Tropical Twist Juice
Cookies
Milk

Wednesday, April 11

Breakfast

French Toast
Fresh Fruit
Fruit Juice
Milk

Lunch

Whole Grain Cheese Pizza
Garden Salad Bar
Milk

Thursday, April 12

Breakfast

Muffin
Go Big Yogurt
Fruit
Milk

Lunch

Taco Boat
Salsa
Refried Beans
Garden Salad Bar
Milk

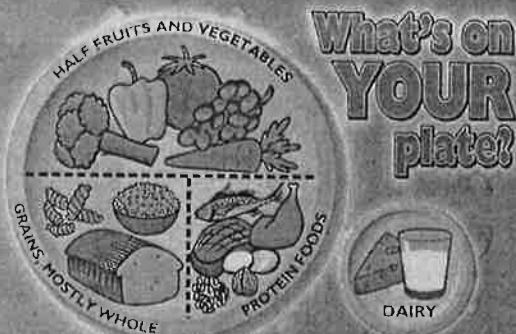
Friday, April 13

Breakfast

Breakfast Burrito
Applesauce Cup
Fresh Fruit
Milk

Lunch

Hamburger
On W/G Bun
Oven Fries
Garden Salad Bar
Milk



**Q: What do you call
two banana
peels?**



A: A pair of slippers!

Learn more at www.CHOOSEMYPLATE.gov or
http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, April 16

Breakfast

Pancake Wrap
Applesauce Cup
Fresh Fruit
Milk

Lunch

Chef's Choice Entrée
Garden Salad Bar
Milk

Tuesday, April 17

Breakfast

Cold Cereal
Fruit
Milk

Lunch

Turkey Ham & Cheese
On French Roll
Lettuce & Tomato
Baby Carrots
Frozen Juice Cup
Milk

Wednesday, April 18

Breakfast

French Toast
Fresh Fruit
Fruit Juice
Milk

Lunch

Teriyaki Beef Dippers
Veggie Baked Beans
Garden Salad Bar
Tropical Orange Crackers
Milk

Thursday, April 19

Breakfast

Muffin
Go Big Yogurt
Fruit
Milk

Lunch

BBQ Chicken
Aloha Dinner Roll
Garden Salad Bar
Milk

Friday, April 20

Breakfast

Breakfast Burrito
Applesauce Cup
Fresh Fruit
Milk

Lunch

Rib-B-Que
On W/G Hoagie Roll
Potato Starz
Garden Salad Bar
Milk

Monday, April 23

Breakfast

Pancake Wrap
Applesauce Cup
Fresh Fruit
Milk

Lunch

Chicken Enchiladas
Refried Beans
Garden Salad Bar
Milk

Tuesday, April 24

Breakfast

Cold Cereal
Fruit
Milk

Lunch

Smoke House Turkey Stick
Sunflower Seeds
Apple Slices
Jicama Sticks
Tropical Twist Juice
Cookies
Milk

Wednesday, April 25

Breakfast

French Toast
Fresh Fruit
Fruit Juice
Milk

Lunch

W/G Chicken Corn Dog
Garden Salad Bar
Milk

Thursday, April 26

Breakfast

Muffin
Go Big Yogurt
Fruit
Milk

Lunch

Salisbury Steak
Mashed Potatoes
W/Brown Gravy
Aloha Dinner Roll
Garden Salad Bar
Milk

Friday, April 27

Breakfast

Breakfast Burrito
Applesauce Cup
Fresh Fruit
Milk

Lunch

W/G Chicken Nuggets
Oven Fries
W/G Goldfish Crackers
Garden Salad Bar
Milk

Monday, April 30

Breakfast

Pancake Wrap
Applesauce Cup
Fresh Fruit
Milk

Lunch

Beef Taquitos
Salsa
Refried Beans
Garden Salad Bar
Ranch Cup
Milk

WONDERS OF THE WORLD

When the Great Pyramid was built as a tomb for an Egyptian ruler around 2560 BC, it was easily the tallest man-made structure in the world at 481 feet high. Nearly 4,000 years later,

it was STILL the world's tallest structure, until the completion of England's Lincoln Cathedral, which reached 525 feet into the sky in 1511. When the Washington Monument became the world's tallest at 555 feet more than 500 years later in 1884, it was still only about 100 feet taller than the Great Pyramid at Giza.

THE GREAT PYRAMID AT GIZA, EGYPT