

OUR NATION'S HISTORY

he 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

*** REMINDER TO ALL PARENTS & STUDENTS ***

A COMPLETE
Breakfast or Lunch Meal must
be selected by the student to be
considered FREE \$0.00!

Take at least

3

One must be a fruit

BREAKFAST

Take
3-5
One must be a fruit or veggie

COMPLETE LUNCH INCLUDES:

Student A La Carte Menu Item Prices for SY 24-25

Main Entrée (Breakfast) = \$2.00 Main Entrée (Lunch) = \$3.50 Fruit/Vegetable/Juice = \$.75 Milk = \$.50



GSD Food Services Department (626) 307-3407

Tuesday, April I

Breakfast

WG Ham & Cheese Croissant
Sandwich
Milk and Fruit

Lunch

"Taco Tuesday" Refried Beans Milk and Fruit

<u>Snack</u>

WG Cool Ranch Tortilla Chips Low-Fat Milk

Wednesday, April 2

Breakfast

Eggs & Hash Browns Milk and Fruit

Lunch

WG Galaxy Pizza Rounds Mixed Green Salad Milk and Fruit

<u>Snack</u>

WG Vanilla Bites Low-Fat Milk

Thursday, April 3

Breakfast

WG Mini Apple Bites Milk and Fruit

Lunch

WG Penne Pasta & Chicken w/ Marinara Sauce Green Beans Milk and Fruit

Snack

WG Cheez-Its Low-Fat Milk

Friday, April 4

Breakfast

WG French Toast Sticks Milk and Fruit

Lunch

Chicken Tenders or Fish Sticks w/ WG Goldfish Potato Smiles Milk and Fruit

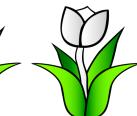
<u>Snack</u>

WG Chocolate Chip Cookie Apple Juice











NO SCHOOL

Monday, April 7th to Friday, April 11th

Monday, April 14

Breakfast

WG Blueberry or Banana Muffin Milk and Fruit

Lunch

Cheeseburger Twin Buddies Yellow Corn Milk and Fruit

Snack

WG Cheetos Puffs Low-Fat Milk

Tuesday, April 15

Breakfast

WG Mini Pancakes Or Manager's Choice Milk and Fruit

Lunch

WG Chicken or Cheese Quesadilla Baby Carrots & Ranch Milk and Fruit

Snack

WG Belly Bear Grahams Low-Fat Milk

Wednesday, April 16

Breakfast

WG Breakfast Burrito

Milk and Fruit

<u>Lunch</u>

Domino's or Papa John's Pizza Mixed Green Salad Milk and Fruit

Snack

Oranges Low-Fat Milk

Thursday, April 17

Breakfast

WG Waffle Sticks Milk and Fruit

Lunch

Mandarin Orange Chicken & Steamed Brown Rice Green Beans Milk and Fruit

Snack

WG Scooby Doo Sticks Low-Fat Milk

Friday, April 18

Breakfast

WG Breakfast Bar Milk and Fruit

Lunch

Chicken (Reg/Spicy)Sandwich or Tuna Salad Sandwich Crinkle Cut Fries Milk and Fruit

Snack

WG Jungle Crackers Low-Fat Milk

Available Daily

Breakfast Assorted WG Cereal & Choice of Low-Fat Yogurt or String Cheese

Breakfast & Lunch
Assorted Fruits & Vegetables
At the Salad Bar

WG = Whole Grain

Monday, April 21

Breakfast

WG Pizza Bagel Milk and Fruit

Lunch

WG Corn Dog or Hot Dog Yellow Corn Milk and Fruit

Snack

WG Giant Cinnamon Goldfish Low-Fat Milk

Tuesday, April 22

Breakfast

"GSD-baked" WG Cinnamon Rolls Milk and Fruit

Lunch

WG Chicken Tamale Baby Carrots & Ranch Milk and Fruit

Snack

WG Cheez-Its Low-Fat Milk

Wednesday, April 23

Breakfast

WG Pan Dulce Concha or "Berry Overnight Oats" Milk and Fruit

Lunch

WG Pepperoni or Cheese Calzone Mixed Green Salad Milk & Fruit

Snack

Sunbutter Cups & Sliced Apples Low-Fat Milk

Thursday, April 24

Breakfast

WG French Toast Sticks
Milk and Fruit

Lunch

WG Penne Pasta & Meat Sauce Green Beans Milk and Fruit

<u>Snack</u>

WG Cinnamon Crumble Low-Fat Milk

Friday, April 25

Breakfast

Pancakes & Sausage on a Stick Milk and Fruit

Lunch

Popcorn Chicken & WG Biscuit Or Manager's Choice Creamy Mashed Potatoes Milk and Fruit

<u>Snack</u>

WG Maple Waffle Graham Low-Fat Milk



Monday, April 28

Breakfast

WG Pancake Bites Milk and Fruit

Lunch

Chicken "Drum-day" Monday w/ Garlic Texas Toast Yellow Corn Milk and Fruit

Snack

WG Jungle Crackers Low-Fat Milk

Tuesday, April 29

Breakfast

Breakfast Sausage Sandwich Milk and Fruit

<u>Lunch</u>

WG Bean & Cheese Burrito Or WG Beef Taco Stick Baby Carrots & Ranch Milk and Fruit

Snack

WG Rainbow Goldfish Low-Fat Milk

Wednesday, April 30

Breakfast

Ultimate Breakfast Round Milk and Fruit

Lunch

Domino's or Papa John's Pizza Mixed Green Salad Milk and Fruit

<u>Snack</u>

WG Heartzels Pretzels
Apple Juice

Thursday, May I

Breakfast

WG Breakfast Egg & Cheese Taco Milk and Fruit

Lunch

Teriyaki Chicken & Steamed Brown Rice Green Beans Milk and Fruit

Snack

WG Rice Krispies Treat Low-Fat Milk

Every complete meal we serve comes with your choice of milk!

YOU'RE GETTING WARM.

One of the best
ways to avoid
getting hurt playing a sport, in
gym class, and even
on the playground is to stretch out a little
first and start off slowly
before you go all out.

