

Steger School District 194

menus for

APRIL
2021

Menus are subject to change.

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

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

Cereal Kit

Lunch

Calzone
Fruit Cup
Corn
Milk

Friday, April 2

NO

SCHOOL

Watch the winter melt away!

Spring Break!

Break begins at the end of classes:

Thursday, April 1

Classes resume:

Monday, April 12

Monday, April 12

Breakfast

Cereal Kit

Lunch

Spaghetti W/ Meat Sauce
Fruit Cup
Broccoli
Milk

Tuesday, April 13

Breakfast

Cereal Kit

Lunch

Ham and Cheese Sandwich
Fruit Cup
Carrots
Milk

Wednesday, April 14

Breakfast

Cereal Kit

Lunch

Chicken Patty
Fruit Cup
Celery
Milk

Thursday, April 15

Breakfast

Cereal Kit

Lunch

Jammer
Fruit Cup
Red Beans
Milk

Friday, April 16

Breakfast

Cereal Kit

Lunch

Bosco Stick
Fruit Cup
Peas
Milk

Monday, April 19

Breakfast
Cereal Kit

Lunch

Chili
Fruit Cup
Broccoli
Milk

Tuesday, April 20

Breakfast
Cereal Kit

Lunch

Turkey and Cheese Sandwich
Fruit Cup
Carrots
Milk

Wednesday, April 21

Breakfast
Cereal Kit

Lunch

Cheeseburger
Fruit Cup
Cauliflower
Milk

Thursday, April 22

Breakfast
Cereal Kit

Lunch

Taco
Fruit Cup
Black Beans
Milk

Friday, April 23

Breakfast
Cereal Kit

Lunch

Pizza Cruncher
Fruit Cup
Corn
Milk

Monday, April 26

Breakfast
Cereal Kit

Lunch

Alfredo Pasta
Fruit Cup
Broccoli
Milk

Tuesday, April 27

Breakfast
Cereal Kit

Lunch

Meatballs and Breadstick
Fruit Cup
Carrots
Milk

Wednesday, April 28

Breakfast
Cereal Kit

Lunch

Hotdog
Fruit Cup
Celery
Milk

Thursday, April 29

Breakfast
Cereal Kit

Lunch

Chef Salad
Fruit Cup
Red Beans
Milk

Friday, April 30

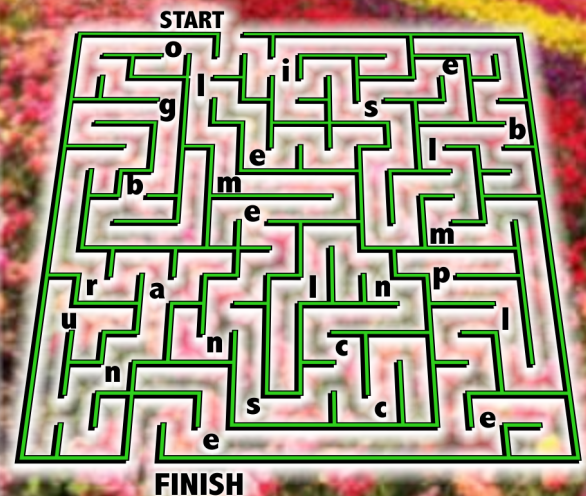
Breakfast
Cereal Kit

Lunch

Chef's Choice
Fruit Cup
Peas
Milk



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 Allen 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 or http://kidshealth.org/kid/stay_healthy/food/pyramid.html