

Roseville City School District

menus for

APRIL
2025

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

STATE OF MIND.

Physical activity isn't just good for your body. Regular exercise has been shown to help guard the mind against depression, too.



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

Monday, April 7

Breakfast
BREAKFAST PIZZA
OR
CONTINENTAL BREAKFAST

Lunch
BREAKFAST FOR LUNCH
(MINI PANCAKES,
HASHBROWN & YOGURT)
OR
PASTA WITH MEAT SAUCE

Tuesday, April 8

Breakfast
YOGURT PARFAIT
OR
CONTINENTAL BREAKFAST

Lunch
CHEESE PIZZA
OR
BEEF TACO

Wednesday, April 9

Breakfast
MINI WAFFLES
OR
CONTINENTAL BREAKFAST

Lunch
MACARONI AND CHEESE
OR
CHICKEN PATTY SANDWICH

Thursday, April 10

Breakfast
CINNI MINI
OR
CONTINENTAL BREAKFAST

Lunch
CHEESY BREADSTICKS
OR
ORANGE CHICKEN
RICE BOWL

Friday, April 11

Breakfast
FRENCH TOAST STICKS
OR
CONTINENTAL BREAKFAST

Lunch
CHEF'S CHOICE

COOKIE

Tuesday, April 1

Breakfast
CHEESY BREADSTICKS
OR
CONTINENTAL BREAKFAST

Lunch
CHEESE PIZZA
OR
BEEF TACO

Wednesday, April 2

Breakfast
BREAKFAST SANDWICH
OR
CONTINENTAL BREAKFAST

Lunch
BEAN & CHEESE BURRITO
OR
CHEESEBURGER
& FRIES

Thursday, April 3

Breakfast
MINI PANCAKES
OR
CONTINENTAL BREAKFAST

Lunch
CHEESY BREADSTICKS
OR
TERIYAKI CHICKEN
NOODLE BOWL

Friday, April 4

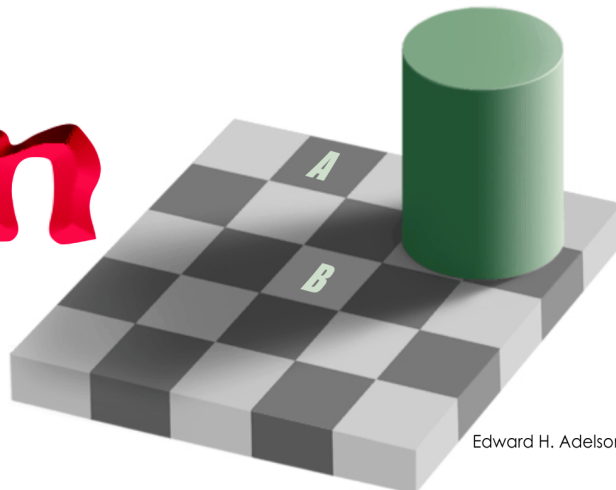
Breakfast
CINNAMON ROLL
OR
CONTINENTAL BREAKFAST

Lunch
BEAN & CHEESE EMPANADA
OR
CRUNCHY FISH STICKS &
CHIPS

COOKIE

Only an
Illusion

Do you think the two squares labeled A and B are different shades of gray? Guess what? **They're the same color!** If you're interested, you can see proof and learn more by searching on line for "Checkershadow Illusion - MIT".



Edward H. Adelson

NUTRITION TO GO

As a rule, Americans don't eat enough beans! Beans are the best plant source of protein and contain little of the fat and cholesterol that accompany the protein in meat. Beans also provide more fiber than almost any other plant food and nearly as much calcium as milk. Plus, beans' slow release of glucose makes them a superfood for people with diabetes.

A QUICK BITE FOR PARENTS



Spring Break

Spring Break:
April 14-April 21

Classes resume: April 22



WHAT AM I? I have a head but cannot think.
I have eyes but cannot see.
I have ears but cannot hear.
I have ribs but no bones.



Answer: I'm a VEGETABLE GARDEN, planted with lettuce (heads), potatoes (eyes), corn (ears), and celery (ribs). YUMMY!

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

Monday, April 21



No School Today

Tuesday, April 22

Breakfast
YOGURT PARFAIT
OR
CONTINENTAL BREAKFAST

Lunch
CHEESE PIZZA
OR
CHICKEN TACO

Wednesday, April 23

Breakfast
MINI WAFFLES
OR
CONTINENTAL BREAKFAST

Lunch
MACARONI AND CHEESE
OR
CHICKEN PATTY SANDWICH

Thursday, April 24

Breakfast
CINNI MINI
OR
CONTINENTAL BREAKFAST

Lunch
CHEESY BREADSTICKS
OR
ORANGE CHICKEN
RICE BOWL

Friday, April 25

Breakfast
FRENCH TOAST STICKS
OR
CONTINENTAL BREAKFAST

Lunch
GRILLED CHEESE
SANDWICH
OR
CHICKEN TENDERS

COOKIE

Monday, April 28

Breakfast
SCONE
OR
CONTINENTAL BREAKFAST

Lunch
BREAKFAST FOR LUNCH
(MINI PANCAKES,
HASHBROWN & YOGURT)
OR
TURKEY & CHEESE
SANDWICH

Tuesday, April 29

Breakfast
CHEESY BREADSTICKS
OR
CONTINENTAL BREAKFAST

Lunch
CHEESE PIZZA
OR
BEEF TACO

Wednesday, April 30

Breakfast
BREAKFAST SANDWICH
OR
CONTINENTAL BREAKFAST

Lunch
BEAN & CHEESE BURRITO
OR
CHEESEBURGER
& FRIES

OUR NATION'S HISTORY

Earth Day April 22

The first Earth Day took place 55 years ago this month on April 22, 1970. Wisconsin Senator Gaylord Nelson, a Democrat, and California Congressman Pete McCloskey, a Republican, co-chaired events at schools, colleges, and parks across the U.S. that drew 20 million Americans outside on a Spring day to make a commitment to care for the environment. Earth Day is now celebrated in nearly 200 nations around the world.

Keep it clean

WITH LIBERTY & JUSTICE FOR ALL