

**Roseville City School District**  
**menus for middle school**

# 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**  
 BEAN & CHEESE BURRITO  
 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**  
 GRILLED CHEESE  
 SANDWICH  
 OR  
 CHICKEN TENDERS  
  
 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

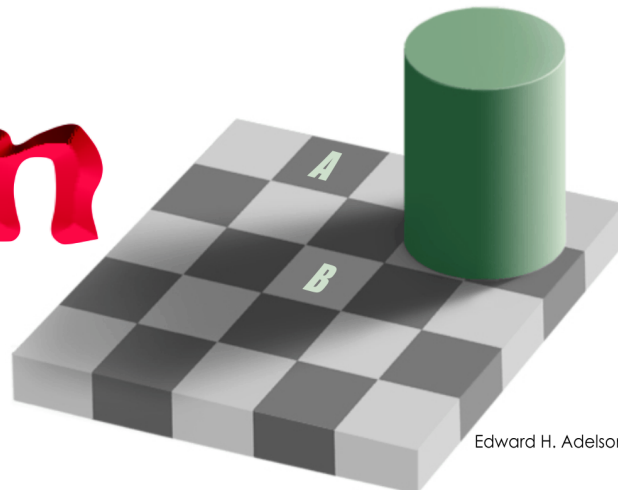
**Friday, April 4**

**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".



## Available Daily

Every complete meal we serve  
 comes with the choice of entrée, fruit  
 or vegetable sides and your choice of  
 low fat white or chocolate milk.

Other daily LUNCH options:  
 DELI SANDWICH, LARGE SALAD, PIZZA  
 (select varieties)





**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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](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**  
BEAN & CHEESE BURRITO  
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**