

Menus for April 2011

CVHS



This institution is an equal opportunity provider and employer.

RED ALERT!

THE FIRST OF APRIL IS
APRIL FOOLS DAY!
DON'T BE FOOLED!

PLEASE SEE THE
BACK PAGE FOR A
LIST OF THE TOP 10
APRIL FOOLS TRICKS TO
WATCH OUT FOR!

Available Daily

For Lunch
Pepperoni Pizza, Cheese Pizza, Hawaiian Pizza, Supreme Pizza, Hamburger, Cheese Burger, Bacon Cheese Burger, Chicken Patty Sandwich, General Tao's Chicken, Chipotle Wrap, Ham & Jalepeno Wrap, Spanish Wrap, Cesar Salad Wrap, Sweet & Spicy Wrap, Asst. Salads and Cold Sandwiches

Monday, April 4

Breakfast
Cereal
Juice
Milk

Tuesday, April 5

Breakfast
Pancake Wrap
Juice
Milk

Wednesday, April 6

Breakfast
Breakfast Burrito
Juice
Milk

Thursday, April 7

Breakfast
French Toast
Juice
Milk

Monday, April 11

Breakfast
Cereal
Juice
Milk

Tuesday, April 12

Breakfast
Pancake Wrap
Juice
Milk

Wednesday, April 13

Breakfast
Breakfast Burrito
Juice
Milk

Thursday, April 14

Breakfast
French Toast
Juice
Milk

Word of the Month

de·pend·a·ble

adj. 1. Worthy of trust; reliable 2. steadfast; responsible; faithful 3. capable of being counted on

Where do all of our crazy names for food come from?

This month: "Spaghetti"

In Italian, the word "spago" means string or twine, and "spaghetto" means a very thin string. "Spaghetti" is the plural of "spaghetto." Traditionally, spaghetti was 20" long (try wrapping that around your fork!), but in America, 10" is a more typical length. Today, lots of pastas are being made with whole grains. Give these healthier "little strings" a try!

APRIL BIRTHDAYS

Billie Holiday -- April 7
Kristen Stewart (21)-- April 9
Emma Watson (21) -- April 15
Queen Elizabeth II (85) - April 21
William Shakespeare -- April 23
Duke Ellington -- April 29