

OUR NATION'S HISTORY

he Pony Express debuted on April 3, 1860 when a rider left St. Joseph, Missouri with mail destined for Sacramento, California. Previously, mail had to travel from the East to the Golden State by slow stagecoaches, or by boat all the way around South America. But by swapping horses every 10 miles, changing riders every 100, and riding 24 hours a day, non-stop, the Pony Express could deliver the mail in just 10 days! The operation didn't last long – soon enough, the transcontinental telegraph could deliver short messages almost instantaneously, and larger mail could be transported cross-country by train.



WITH LIBERTY & JUSTICE FOR ALI

TIME TO BLOSSOM.

The flowers are coming out of hiding – and so should you! That resolution to exercise more that seemed so hard in the cold light of January is much more do-able as the weather warms!



WELLNESS IS A WAY OF LIFE!

Monday, April 2

No School

Spring Break

Tuesday, April 3

Hanna Buffet

Cheese Dunkers w/Marinara Sauce

Deli Rail

Ham & Cheese on a Pretzel Roll or Select Sandwiches and Salads

Served with Choice of Waffle Fries, Vegetable, Fresh Fruit and Assorted Milk

Wednesday, April 4

Hanna Buffet

Popcorn Chicken w/Mashed Potato Bowl

<u>Deli Rail</u>

Turkey Croissant Sandwich or Select Sandwiches and Salads

Served with Choice of Spicy Fries, Vegetable, Fresh Fruit and Assorted Milk

Thursday, April 5

Hanna Buffet

Taco Pierogie w/Tea Roll

Deli Rail

Chicken Sticks & Tea Roll or Select Sandwiches and Salads

Served with Choice of Potato Wedges, Vegetable, Fresh Fruit and Assorted Milk

Friday, April 6

Hanna Buffet

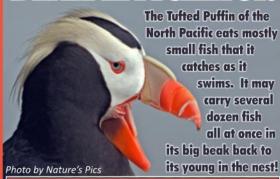
French Bread Pizza with or without Pepperoni

Deli Rail

Buffalo Chicken Steak or Select Sandwiches and Salads

Served with Choice of New! Potato Rounds, Vegetable, Fresh Fruit and Assorted Milk

BENTERRICA



APPENIES

Monday, April 9

Hanna Buffet

Spicy Popcorn Chicken & Macaroni & Cheese

<u>Deli Rail</u>

Pizza Burger or Select Sandwiches and Salads

Served with Choice of Thin Fries, Vegetable, Fresh Fruit and Assorted Milk

Tuesday, April 10

Hanna Buffet

Taco Day w/Rice Hard or Soft Shell

Deli Rail

Four Meat Pizza or Select Sandwiches and Salads

Served with Choice of Vegetable, Fresh Fruit and Assorted Milk

Wednesday, April II

Hanna Buffet

Chicken Parmesan & Spaghetti

<u>Deli Rail</u>

Cheeseburger or Select Sandwiches and Salads

Served with Choice of Seasoned Potatoes, Vegetable, Fresh Fruit and Assorted Milk

Thursday, April 12

Hanna Buffet

Corn Dog Nuggets

Deli Rail

Meatball Sub or Select Sandwiches and Salads

Served with Choice of Potato Wedges, Baked Beans, Vegetable, Fresh Fruit and Assorted Milk

Friday, April 13

Hanna Buffet

Bosco Sticks w/Marinara Sauce

Deli Rail

Spicy Chicken Sandwich or Select Sandwiches and Salads

Served with Choice of Tater Tots, Vegetable, Fresh Fruit and Assorted Milk