

# SCHOOL MENUS

## Thomasville City Schools TPS/LDE

Monday, April 26 - Breakfast: Sausage biscuit, fruit juice, milk; Lunch: Smoked sausage, cornbread, turkey roll up, chef salad, fruit juice, steamed cabbage, pinto beans, fruit salad, fresh fruit, milk.

Tuesday, April 27 - Breakfast: Superdonut, fruit juice, milk; Lunch: Chicken parmesan, chef salad, cheeseburger, carrot sticks, ranch dressing, strawberries and bananas, steamed broccoli with cheese, milk.

Wednesday, April 28 - Breakfast: Cereal w/ munchies, graham crackers, milk; Lunch: Pizza with cheese topping, chef salad, seasoned corn, star fruit, squash casserole, stewed apples, fresh fruit, milk.

Thursday, April 29 - Breakfast: Chicken biscuit, fruit juice, milk; Lunch: Chicken fillet, beef burrito, chef salad, oven fried potatoes, refried beans, fruit juice, fresh fruit, milk.

Friday, April 30 - Breakfast: Breakfast pizza, fruit juice, milk; Lunch: Oven fried chicken, chef salad, creamed potatoes, seasoned green beans, chilled applesauce, fresh fruit, milk.

## TMS/THS

Monday, April 26 - Breakfast: Sausage biscuit, fruit, milk; Lunch: Smoked sausage, cornbread, turkey roll up, chef salad, fruit juice, milk, steamed cabbage, pinto beans, fruit salad, fresh fruit.

Tuesday, April 27 - Breakfast: Super donut, graham crackers, milk; Lunch: Chicken parmesan, chef salad, cheese-

burger, carrot sticks, ranch dressing, strawberries and bananas, steamed broccoli with cheese, milk.

Wednesday, April 28 - Breakfast: Cereal w/ munchies, graham crackers, fruit juice, milk; Lunch: Pizza w/cheese topping, chef salad, seasoned corn, star fruit, squash casserole, stewed apples, fresh fruit, milk.

Thursday, April 29 - Breakfast: Chicken biscuit, fruit juice, milk; Lunch: Chicken fillet, beef burrito, chef salad, oven fried potatoes, refried beans, fruit juice, fresh fruit, milk.

Friday, April 30 - Breakfast: Breakfast pizza, fruit juice, milk; Lunch: Oven fried chicken, chef salad, grilled cheese sandwich, creamed potatoes, seasoned green beans, chilled applesauce, milk.

## Davidson County Schools

Monday, April 26 - Breakfast: Pancake and sausage on a stick, assorted fresh fruit, juice, milk; Lunch: Pizza, Asian chicken nuggets, Sloppy Joe sandwich, green peas, squash casserole, peaches, rice, milk.

Tuesday, April 27 - Breakfast: Cheese toast, tater tots, assorted fresh fruit, juice, milk; Lunch: Mini corn dogs, beef teriyaki nuggets, pizza dipers, corn, steamed broccoli, tossed salad, mixed fruit, whole wheat roll, milk.

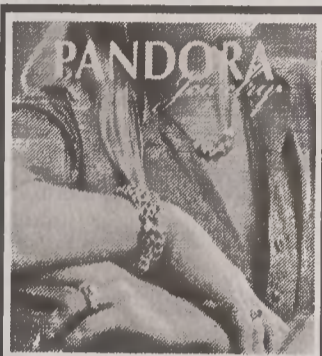
Wednesday, April 28 - Breakfast: Goody bun, assorted fresh fruit, juice, milk; Lunch: Chicken nuggets, chicken pie with crust, Lunch N' Go meal, mashed potatoes, peas and carrots, tossed salad, apricots, whole wheat

roll. Thursday, April 29 - Breakfast: Egg and cheese biscuit, assorted fresh fruit, juice, milk; Lunch: Nachos, baked chicken, chicken pomodoro, fresh raw veggies w/dip, sweet potatoes and apples, green peas, pineapple, apple crisp, milk.

Friday, April 30 - Breakfast: French toast sticks, assorted fresh fruit, juice, milk; Lunch: Chicken fillet, fish sandwich, BBQ sandwich, French fries, cole slaw, lettuce and tomato, pears, milk.

\*Cereal and toast offered daily with breakfast.

\*Chef salad meal, peanut butter and jelly sandwiches, boxed raisins, dried cherries and milk offered daily with lunch.



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## North Carolina A&T State University SOAR

### Summer Orientation to Aerospace/Engineering/Sciences Retreat

**NEW AGE TECHNOLOGY EXPLORATION for MIDDLE AND HIGH SCHOOL STUDENTS**  
Explore the future in aerospace, nanoscience, nanoengineering, computer simulations and modeling!

Attend the 2010 SOAR Program at the Advanced Composite Research and Training Center on the campus of NC A & T State University.

- Build and experiment with hydrogen powered cars
- Construct and launch rockets
- See nano-molecular organisms with electron microscopes
- Manufacture and test future aerospace composites
- Learn how to predict weather with local meteorologists
- Participate in science competitions

This camp is coordinated with the GTCC 2010 North Carolina Aviation Career Education Academy, so students can participate in both camps on alternate weeks:

June 14-18, 2010 High School (Rising 10-12th Grade)  
June 21-25, 2010 Middle School (Rising 7-9th Grade)

### FOR REGISTRATION & PROGRAM INFORMATION

Contact: Dr. Ronnie L. Bolick  
NC A&T Computational Science & Engineering  
(336) 285-2173  
Application Deadline is May 15, 2010

<http://ncatsoarhigh.eventbrite.com>  
<http://ncatsoarmiddle.eventbrite.com>



Enjoy your summer break by soaring in North Carolina!

Sponsored by NCAT and the Golden Leaf Foundation Golden LEAF FOUNDATION

538670

# Congressman Howard Coble Was Conservative Before Conservative Was Cool.

Cut wasteful spending

Cut taxes

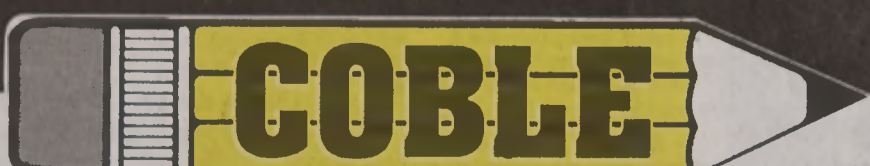
Against civilian trials for terrorists

Against government-run health care

Now more than ever we need to keep Howard Coble and his sharp pencil fighting for us.

**HOWARD COBLE for CONGRESS**

Republican Primary May 4  
Early Voting April 15 - May 1



Paid for by Coble for Congress  
[www.cobleforcongress.com](http://www.cobleforcongress.com)

# YMCA Open House Sunday, April 25 2:30 - 5:30pm

Bring in a canned food item and "Try the Y".

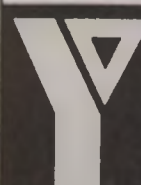
The food will be donated to Cooperative Community Ministries.



- tour our FACILITY • TAKE a group exercise class •
- TRY any equipment • WIN a prize •
- get info about Financial ASSISTANCE •
- SAVE UP TO \$250 when registering for day camp •
- Pay NO JOINING FEE •

GROUP EXERCISE CLASS SCHEDULE:			
2:30 - 2:55pm	3:00 - 3:25pm	3:30 - 3:55pm	4:00 - 4:25pm
Zumba	Boot Camp	Zumba	Body Blast
Cycling	Cycling	Cycling	Cycling
Yoga	Kettlebells	Yoga	Kettlebells
Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics

Check out our website for more details!



Tom A. Finch Community YMCA  
1010 Mendenhall Street  
336.475.6125  
[YMCAThomasvilleNC.org](http://YMCAThomasvilleNC.org)



Financial assistance available.