

welcome
BACK to School

Menus for August & September 2018

**Paradise Unified School District
Paradise Intermediate School**

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

please see reverse for items available daily

★ **OUR NATION'S HISTORY** ★

On September 28, 1542 the first Europeans to ever set foot in present-day California sailed into San Diego Bay. Spain and then Mexico ruled the territory for most of the next 300 years, before California became the 31st state in the American union in 1850. California has more people than any other state – if it were a country, California would be the world's 35th most populous country and would have the sixth largest economy in the world all by itself! And guess what? For a very brief time in the 1840's, it was a country – the California "Bear Republic"!

★ **WITH LIBERTY & JUSTICE FOR ALL** ★

**EAT BETTER.
PLAY HARDER.
LIVE HEALTHIER.
LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!

This year, our menu will again feature regular Wellness tips, showing how diet, exercise, and taking care of yourself can help ensure that you stay healthy and at the top of your game!

eat fit
wanna stay fit?
gotta eat right!

Make this the year you eat more fruits and veggies. And let us help!

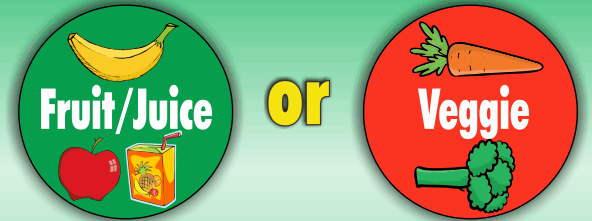
Fruits and vegetables are low in calories and fat and high in fiber, flavor, color, and convenience. **And whenever you choose to join us for a meal at school, you can rest assured that fruits and vegetables will always be on the menu!**



26.5 **BY THE NUMBERS**
PERCENTAGE OF U.S. HIGH SCHOOL STUDENTS WHO GET 8 HOURS SLEEP MOST NIGHTS.

DON'T 4GET!

To make a lunch, choose at least one



**PARADISE UNIFIED SCHOOL DISTRICT
FOOD SERVICES**

**Make the healthy,
economical choice!**

All of our complete meals are always

**NO CHARGE
for all students**

with no need to submit an application, thanks to the **Community Eligibility Program!**

AUGUST & SEPTEMBER 2018 PARADISE INTERMEDIATE SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPECIAL	Breakfast Pizza Squares or Cinnamon Roll	Cini Minis or Pancake & Sausage on a Stick	French Toast & Sausage or Honey Bun	Cini Mini or Buttermilk Breakfast Bars	Homemade Egg, Sausage & Cheese Biscuit Sandwich
AVAILABLE DAILY	<p align="center"><u>Breakfast Items Offered Daily:</u> Egg, Bacon, Cheese & Potato Breakfast Burrito, Homemade Oatmeal with toppings, Bagel & Cream Cheese, 2.6 oz PB&J Uncrustables, Muffin Madness, BeneFit Breakfast Bar Assortment, Yogurt & Cereal Choice, Available with each meal: Fresh Fruit, 100% Fruit Juice & a Choice of 1% White Milk or Nonfat Chocolate Milk</p> <p align="center"><u>Lunch Items Offered Daily:</u> Crunchy Beef Tacos, Spicy Chicken Burger, Cheeseburgers, or Veggie with Tater Tots, Pepperoni Calzone, Tall Timber Pizza Choice, Chicken Caesar Salad, Turkey & Cheese Sandwich and Fruit, Yogurt & Granola Parfait. Available with each meal: Fresh Fruit, Veggies and a Choice of 1% White Milk or Nonfat Chocolate Milk</p>				
LUNCH SPECIALS	Turkey Corn Dog & Tots or Asian Orange Chicken & Rice Bowl	Chicken Tenderloin Strips & Tots or Pasta, Meat Sauce and Meatballs	Turkey Corn Dog & Tots or Asian Orange Chicken & Rice Bowl	Chicken Tenderloin Strips & Tots or Pasta, Meat Sauce and Meatballs	Bosco Cheese Sticks with Marinara Sauce or Asian Orange Chicken & Rice Bowl