

Pine Ridge February 2012



Paradise Unified School District

Word of the Month

car·ing

adj. 1. feeling and showing concern and empathy for others 2. having or displaying warmth or affection 3. concerned; devoted; tender

Meals include 1% unflavored milk and non-fat choc milk. Menus are subject to change without notice.

Happy Valentine's Day

All meals include Baked Chips and Bottled Water

Daily Choices

FRESH PIZZA

PRE-PACK SALADS,

BURRITOS PLUS

Monday—Popcorn Chicken

Tuesday—Deli Sandwiches

Wednesday—Chicken Rice Bowls

Thursday—Deli Sandwiches

Friday—Burrito's



Chocolate is "chock-full" of antioxidants and other substances that are good for you. But all chocolate isn't created equal. Dark chocolate -- at least 65% cocoa -- delivers these health benefits efficiently. But the chocolate used for most candy is less than 30% cocoa with lots of added sugar, so you need to eat 2 or 3 times as much chocolate (and a lot more calories!) for the same benefits.

A TASTY MORSEL FOR PARENTS

Monday, February 6

Teriyaki Dippers
Rice / Soy Sauce
Trail Mix
Fortune Cookie
Fruit, Fresh or Canned
1% Milk

Monday, February 13

Jumbo Hot Dog
On a Bun
Trail Mix
Fruit, Fresh or Canned
1% Milk

Monday, February 20

**No School
Presidents' Day**

Monday, February 27

Jumbo Hot Dog
On a Bun
Trail Mix
Fruit, Fresh or Canned
1% Milk

Tuesday, February 7

Jumbo Hamburger
On a Bun
Veggie Sticks/Dip
Fruit, Fresh or Canned
1% Milk

Tuesday, February 14

Pork Rib Patty/Bun
Potato Rounds
Veggie Sticks/Dip
Fruit, Fresh or Canned
Cookie / 1% Milk

Tuesday, February 21

Cheese Ravioli's
Green Beans / Muffin
Trail Mix
Fruit, Fresh or Canned
1% Milk

Tuesday, February 28

**Grilled Cheese
Sandwich**
Veggie Sticks/Chips
Peach Cup
1% Milk

Wednesday, February 1

**Chicken
Taco's (2)**
Chips/Salsa
Fruit, Fresh or Canned
1% Milk

Wednesday, February 8

Beef Taco's (2)
(Meat/Cheese/Shell)
Chips N Salsa
Fruit, Fresh or Canned
1% Milk

Wednesday, February 15

Taco Max Snax
Seasoned Corn
Chips N Salsa
Fruit, Fresh or Canned
1% Milk

Wednesday, February 22

Nacho Supreme
(Baja Beans/Cheese)
Chips N Salsa
Fruit, Fresh or Canned
1% Milk

Friday, February 29

Taco Salad
(Meat/Cheese/Shell)
Chips N Salsa
Fruit, Fresh or Canned
1% Milk

Thursday, February 2

Burger Buddies
Celery Sticks/Dip
Fruit, Fresh or Canned
Celery Sticks
1% Milk

Thursday, February 9

Macaroni & Cheese
Seasoned Carrots
Strawberry Cup
Fruit, Fresh or Canned
1% Milk

Thursday, February 16

Roast Turkey
Potatoes N Gravy
Icy Juicee
Fruit, Fresh or Canned
1% Milk

Thursday, February 23

Chicken Nuggets
Potatoes N Gravy
Celery w/Peanut Butter
Fruit, Fresh or Canned
1% Milk

Friday, February 3

Spicy Chicken/Bun
Garden Salad/Dressing
Fruit, Fresh or Canned
Cookie
1% Milk

Friday, February 10

Spicy Chicken/Bun
Garden Salad/Dressing
Fruit, Fresh or Canned
Pudding Cup
1% Milk

Friday, February 17

**No School
Lincoln's
Birthday**

Friday, February 24

Spicy Chicken/Bun
Garden Salad /Dressing
Fruit, Fresh or Canned
1% Milk

Lunch Pricing:

\$2.50 Full Price
\$.40 Reduced
.00 Free

Purchase 20 days for \$50.00 and receive one meal free