

Menus for December 2017 & January 2018

Ridge View High School
Paradise Unified School District

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

FOOD SERVICES ACCEPTS MEAL APPLICATIONS ALL YEAR. FOR QUESTIONS ABOUT THE MENUS AND/OR MEAL APPLICATIONS PLEASE CONTACT 872-6496. ALL MENUS ARE SUBJECT TO CHANGE.. THANK YOU

Make the healthy, economical choice!

Breakfast

Lunch

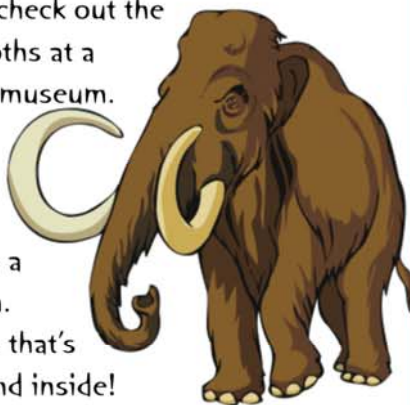
\$1.50

\$2.50

Get in touch with us today to learn more about free and reduced-price meals in our district:
872-6496 or tharter@pusdk12.org

HAPPY WOOLLYDAYS.

Want to have MAMMOTH fun over the Holidays? Go check out the woolly mammoths at a natural history museum. Or visit an art museum. Or a national monument. Or a sports museum. Cool stuff to do that's mostly warm and inside!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Wishing you and your family a bright and happy Holiday Season!

Tanya Harter, Director of Food Services & the Child Nutrition Staff at your school

Please See Reverse for
Items Available Daily



Top 10 Artists
for the week of
November 18,
2017

- 1/Kenny Chesney
 - 2/Kelly Clarkson
 - 3/Ed Sheeran
 - 4/Imagine Dragons
 - 5/Post Malone
 - 6/Taylor Swift
 - 7/Cardi B
 - 8/Chris Brown
 - 9/Demi Lovato
 - 10/Sam Smith
- Source: Billboard

★ OUR NATION'S HISTORY ★

In December 1903, the Wright Brothers made the first successful airplane flight at Kitty Hawk, North Carolina, forever changing the way people travel. Within 55 years, commercial jets were flying paying customers in the United States.



★ WITH LIBERTY & JUSTICE FOR ALL ★

eat fit

wanna stay fit?
gotta eat right!

Serves you right!

MyPlate.gov advises us to eat at least 2-3 cups of veggies a day. **But what exactly makes a cup?** Each of these equals about 1 cup of veggies:

- 5 broccoli florets
- 7 or 8 cherry tomatoes
- 1 large ear of corn
- 2 or 3 celery stalks
- 5 asparagus spears
- 1 bell pepper cut into strips
- 12 baby carrots or 2 medium regular carrots
- 1 medium potato or half a large sweet potato



DECEMBER 2017 AND JANUARY 2018 RIDGE VIEW HIGH SCHOOL

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	French Toast Sticks & Sausage Link Muffin Madness Bagel & Cream Cheese BeneFit Breakfast Bar Assortment Fresh Apples, Raisins & Milk Choice	Egg, Sausage & Cheese Biscuit Muffin Madness Bagel & Cream Cheese BeneFit Bar Assortment Honey Bun 100% Fruit Juice & Milk Choice	Breakfast Burrito Muffin Madness Bagel & Cream Cheese BeneFit Bar Assortment Honey Bun 100% Fruit Juice & Milk Choice	Fruit & Yogurt Parfait with Granola Muffin Madness Bagel & Cream Cheese BeneFit Bar Assortment Honey Bun 100% Fruit Juice & Milk Choice	Pancake & Sausage on a Stick Muffin Madness Bagel & Cream Cheese BeneFit Bar Assortment Honey Bun 100% Fruit Juice & Milk Choice
Available Daily	<p>Available Daily: Yogurt & Fruit Parfait with Crackers, Bosco Cheese Sticks with Marinara Sauce, Caesar Salad with Homemade Breadstick, Tall Timber Pizza Choice, PB&J Sandwich and Turkey Corn Dog. All meals include fresh fruit , Baby Carrots and a Side Salad along with either 1% White Milk or Nonfat Chocolate Milk</p> <p>COME JOIN US!</p>				
Special	Oven Baked Chicken, Wheat Roll & Tots OR Chicken Chunks & Tots	Teriyaki Chicken & Noodle Bowl	Macaroni & Cheese Bowl with Wheat Roll	Turkey Gravy over Mashed Potatoes with a Wheat Roll	Chef's Choice (Posted on Thursday)
Between the Bun	Cheeseburger, Hamburger or Veggie Burger with Tots	Spicy Chicken Burger & Tots	Cheeseburger, Hamburger or Veggie Burger with Tots	Spicy Chicken Burger & Tots	Cheeseburger, Hamburger or Veggie Burger with Tots
Wrap	Ranch Bacon & Chicken Wrap	Ranch Bacon & Chicken Wrap	Ranch Bacon & Chicken Wrap	Ranch Bacon & Chicken Wrap	Chef's Choice (Posted on Thursday)
Mexican	Pork, Cheese & Rice Burrito Bowl with Chips	Chicken & Cheese Quesadilla with Chips	Beef, Bean & Cheese Burrito Bowl with Chips & Salsa	Chicken & Cheese Quesadilla with Chips	Beef, Bean & Cheese Burrito Bowl with Chips & Salsa
Sandwich	Turkey & Cheese Sandwich	Egg Salad Sandwich	Tuna Salad Sandwich	Ham & Cheese Sandwich	Turkey & Cheese Sandwich
Fruit Selection	Fresh Apples	Diced Pears or Peaches	Fresh Navel Oranges	Fresh Local Kiwi	Fresh Local Mandarins