

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

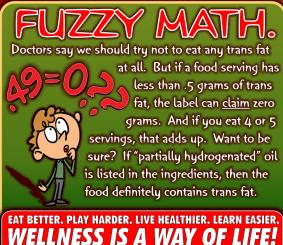
this month:



There are some foods that most kids don't like, but most adults do. Why? <u>It's a</u> mystery! Take asparagus

for instance. Most kids won't even touch it -- it looks kind of weird, the texture is strange, and the taste is a little bitter. But most adults will agree that asparagus - grilled, roasted, stir-fried, or steamed crisp -- is one of nature's top treats!

Please See the Other Page for Items that are Available Daily





PARADISE UNIFIED SCHOOL DISTRICT FOOD SERVICES



Into the frying pan, out of the fryer!

Think all fried foods are bad for your health? True, most deep-fatfried foods are very high in calories and fat, but not all "fried" foods are

Ith? Ith? Ideep-fatare very ies and fat, fried" foods are

created equal. Stir-frying uses only a little bit of healthful oil, like olive oil, and keeps veggies crispy and tasty and sliced lean meat or chicken flavorful and healthy!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Holiday Helpings!

It's fine to indulge in a sweet treat or fatty food on occasion during the holidays -- just try not to get carried away! In the puzzle below, see if you can find these twelve foods.

brownie	butter	'	chocolate	danish	fudge
	ęravy	ice	cream	margarine	
mayo	onnaise	pie	e sugar	cookie	syrup

Answers could run left to right, top to bottom, or diagonally. We've given you the first one to get you started. Good luck!

S	Ε	С	H	0	C	0	L	Α	T	Ε	М
U	D	Α	N	Т	S	Н	W	Р	H	W	A
G	K	Α	V	Q	C	L	Т	1	G	Μ	R
A	Ε	Α	N	В	U	Т	Т	Ε	R	S	G
R	М	B	J	Т	Р	K	A	R	A	Н	A
С	A	N	R	U	C	Α	Ν	Ε	V	R	R
0	Ε	В	R	0	A	Ε	Т	Ε	Y	1	Т
0	L	Y	Ε		W	J	С	R	K	Μ	N
K	S	U	D	G	E	N	R	R	Ε	Р	Ε
I.	R	G	Р	0	R	K	Ì		Ε	В	K
Ε	L	Ε	F	U	D	G	E	È	L	Α	Z
R	M	A	Y	0	N	N	A	1	S	E	M

We wieh you & your family a warm & happy holiday ceacon

From Tanya Harter, Food Service Director & the School Nutrition Staff at your school

Cedarwood, Pine Ridge, Paradise Ridge Elementary School December 2022 Menu								
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
BREAKFAST	Muffin Monday Banana and Raisins	Bagel & Peanut Butter 100% Fruit Juice & Raisins	Fresh Baked Cinnamon Roll Oranges & Raisins	Breakfast Burrito or Turkey Sausage, Egg & Cheese Baked Bite, 100% Fruit Juice & Raisins	Pancake & Sausage on a Stick Fresh Fruit & Raisins			
BREAKFAST AVAILABLE DAILY								
LUNCH AVAILABLE DAILY	Lunch Items Offered Daily: Beef Hamburger, Cheeseburgers, or Veggie Burger, Fresh Made Cheese or Pork Pepperoni Pizza Choice Available with each meal: Fresh Fruit, Veggies & a choice of 1% White Milk or Nonfat Chocolate Milk							
SPECIAL LUNCH OF THE DAY	Turkey Hot Dogs on a Wheat Bun or PB&J Uncrustable	on Mashed Potatoes & BBQ Chicken & & Meat Breadstick or Breadstick or PB&J Yogurt, String		Rotini Noodles & Meat Sauce or Yogurt, String Cheese & Crackers	Bosco Cheese Sticks & Marinara Sauce or Pork Sausage & Olive Pizza			
GARDEN BAR	Fresh Apples Black Beans, Sugar Peas Tossed Salad Ba- by Carrots	Frozen Fruit Cup, Grape Tomatoes, Tossed Salad Baby Carrots Broccoli Buds	Fresh Pears Oranges Sugar Peas Tossed Salad Baby Carrots Zucchini Sticks	Fruit Cup Cauliflower Florets Tossed Salad Baby Carrots Broccoli Buds	Seasonal Fresh Fruit Black Beans Tossed Salad Baby Carrots Zucchini Sticks			

All meals include milk, fruit and veggies. Each meal is no charge to all students. Come Join Us! In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.