

K-6th
Grade
**December
2022**

Paradise Unified
School District

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

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

PARADISE UNIFIED SCHOOL DISTRICT FOOD SERVICES

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
gravy ice cream margarine
mayonnaise pie 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	E	C	H	O	C	O	L	A	T	E	M
U	D	A	N	I	S	H	W	P	H	W	A
G	K	A	V	Q	C	L	I	I	G	M	R
A	E	A	N	B	U	T	T	E	R	S	G
R	M	B	T	I	P	K	A	R	A	H	A
C	A	N	R	U	C	A	N	E	V	R	R
O	E	B	R	O	A	E	T	E	Y	I	I
O	L	Y	E	I	W	T	C	R	K	M	N
K	S	U	D	G	E	N	R	R	E	P	E
I	R	G	P	O	R	K	I	I	E	B	K
E	L	E	F	U	D	G	E	E	L	A	Z
R	M	A	Y	O	N	N	A	I	S	E	M

**this month:
asparagus**



There are some foods that most kids don't like, but most adults do. Why? It's a 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!



What's on YOUR plate?

**Into the frying pan,
out of the fryer!**

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

Please See the Other Page for Items that are Available Daily

FUZZY MATH.

Doctors say we should try not to eat any trans fat at all. But if a food serving has less than .5 grams of trans fat, the label can claim zero grams. And if you eat 4 or 5 servings, that adds up. Want to be sure? If "partially hydrogenated" oil is listed in the ingredients, then the food definitely contains trans fat.

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

We wish you & your family a warm & happy holiday season!

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	Breakfast Items Offered Daily: BeneFit Breakfast Bar Assortment or Cereal with Yogurt & a Choice of 1% White Milk or Nonfat Chocolate Milk				
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	Turkey Gravy over Mashed Potatoes & Breadstick or Yogurt, String Cheese & Crackers	BBQ Chicken & Breadstick or PB&J Uncrustable	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 Baby 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!

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