

Menus for December 2022

PARADISE HIGH SCHOOL

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

Please See the Other
Page for Items that
are Available Daily

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

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



eatfit wanna stay fit?
gotta eat right!



item: mayo

verdict:
beware
of the
slather!

tip: OK, it's full of calories
and fat, but some of us like mayo
on our sandwiches and that's
that. If you can do mustard
instead, great, but if you have to
have it, the secret with mayo is a
light touch: DAB, don't SLATHER!



DON'T LET THIS HAPPEN TO YOU!!!



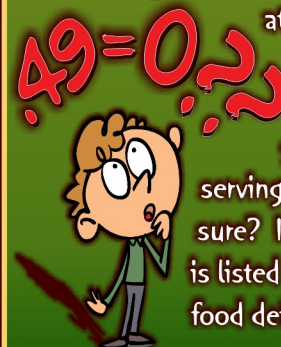
FRED'S PALS TOLD HIM **NO ONE COULD BUY LUNCH ON THE LAST DAY BEFORE BREAK UNLESS HE OR SHE WAS DRESSED LIKE AN ELF AND BEARING GIFTS.** FRED WAS SKEPTICAL, BUT HE DECIDED **NOT TO TAKE ANY CHANCES.**

NUTRITION ANALYSIS OF THIS TYPICAL SCHOOL LUNCH COMBO:

GRILLED CHICKEN W/CHEESE ON A WHOLE WHEAT BUN	TOTAL CALORIES: 685
SHREDDED LETTUCE & SLICED TOMATO	CALORIES FROM PROTEIN: 26%
FRENCH FRIES, HOLIDAY SUGAR COOKIE	CAL. FROM CARBOHYDRATES: 50%
NONFAT CHOCOLATE MILK	CALORIES FROM FAT: 24%
	GOAL: 30% OR LESS FAT CALORIES

FUZZY MATH.

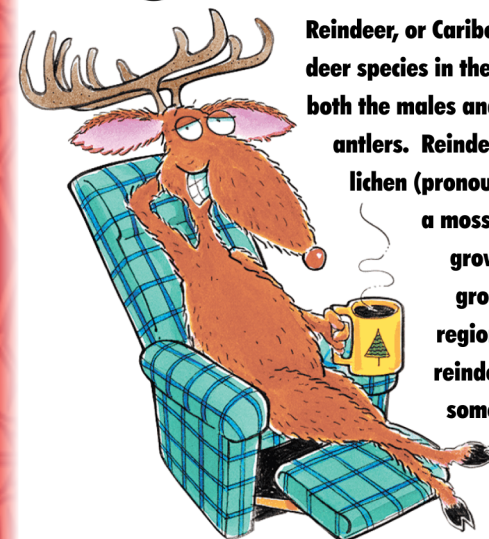
Doctors say we should try not to eat any trans fat at all. But if a food serving has less than .5 grams of trans fat, the label can claim zero grams. And if you eat 4 or 5 servings, that adds up. Want to be sure? If "partially hydrogenated" oil is listed in the ingredients, then the food definitely contains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



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

\$512 BY THE NUMBERS
IN MILLIONS, THE WORLDWIDE
GROSS OF 2018'S "THE GRINCH,"
THE MOST OF ANY HOLIDAY MOVIE

LICHEN LIFE



Reindeer, or Caribou, are the only deer species in the world in which both the males and females have antlers. Reindeer eat a lot of lichen (pronounced "like-en"), a moss-like plant that grows low to the ground in Arctic regions. So when a reindeer's munching some moss, he's not just lovin' life -- he's "lichen" it, too!

ANIMAL APPETITES

Paradise High School December 2022 Menu

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Breakfast Pizza or Bagel & Peanut Butter Banana and Raisins	English Muffin, Bacon, Egg & Cheese, French Toast, or Chunky Monkey Smoothie 100% Fruit Juice & Raisins	Sausage & Waffle Sandwich or Yogurt Parfait Oranges & Raisins	English Muffin, Bacon, Egg, Cini Mini & Cheese or Butter-milk Breakfast Bars 100% Fruit Juice & Raisins	Fresh Baked Cinnamon Rolls, Egg, Sausage & Cheese Biscuit Sandwich Fresh Fruit & Raisins
BREAKFAST AVAILABLE DAILY	Breakfast Items Offered Daily: Egg, Bacon, Cheese & Potato Breakfast Burrito, Fresh Made Scones, Muffin Madness, BeneFit Breakfast Bar Assortment, Fresh Fruit, 100% Fruit Juice & a Choice of 1% White Milk or Nonfat Chocolate Milk				
LUNCH AVAILABLE DAILY	Lunch Items Offered Daily: Double Hamburgers, Double-Cheeseburgers, or Veggie with Tater Tots, Homemade Pizza Choice, Turkey & Cheese Sandwich with Chips and Fruit, Yogurt & Granola Parfait. Available with each meal: Fresh Fruit, Veggies and a choice of 1% White Milk or Nonfat Chocolate Milk				
SPECIAL LUNCH OF THE DAY	Meatball Sub Sandwich or Spicy Chicken patty on a bun Egg Salad Sandwich or Chicken Salad	Pork Street Tacos or Chicken Salad	Bobcat Bowls with Bread Sticks Or BBQ Pulled Pork Sandwich or Chicken Caesar Salad	Chicken Tenders Or turkey Gravy over Mashed Potatoes & Roll Egg Salad Sandwich or Chicken Salad	Bosco Cheese Sticks & Marinara Sauce Spicy Chicken Patty on a bun or Chicken Caesar Salad
BUILD YOUR OWN BAR	Build Your Own Asian Bowl	Build Your Own Pasta Bar	Build your own Taco Bar	Potato Bar	Between the Bun Hamburgers & Hot Dogs NEW-BBQ Pulled Pork & BBQ Pulled Chicken & Baked Beans
Gluten-Free Options	Turkey Stick, Hard Boiled Egg, GF Grain	Chicken Salad with GF Dressing & Grain	Turkey Stick, Hard Boiled Egg, GF Grain	Chicken Salad with GF Dressing & Grain	Turkey Stick, Hard Boiled Egg, GF Grain
GARDEN BAR	Apples, Oranges & Bananas Green Leaf Lettuce Tomato Slices & Carrots, Onion, Pickles & Jalapenos	Seasonal Fresh Fruit Green Leaf Lettuce Tomato Slices & Carrots, Onion, Pickles & Jalapenos	Apples, Oranges & Bananas Green Leaf Lettuce Tomato Slices & Carrots, Onion, Pickles & Jalapenos	Seasonal Fresh Fruit Green Leaf Lettuce Tomato Slices & Carrots, Onion, Pickles & Jalapenos Black Bean, Corn & Salsa	Apples, Oranges & Bananas Green Leaf Lettuce Tomato Slices & Carrots, Onion, Pickles & Jalapenos

All meals include milk, fruit and veggies. Each meal is no charge to all students. Come Join Us!

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