

Menus for December 2022

**PARADISE JR.
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.

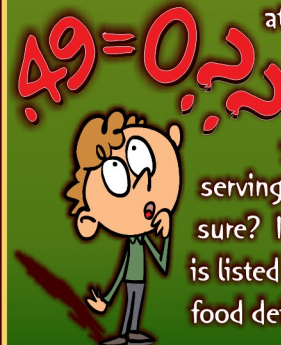
NUTRITION ANALYSIS OF THIS TYPICAL SCHOOL LUNCH COMBO:

GRILLED CHICKEN W/CHEESE
ON A WHOLE WHEAT BUN
SHREDDED LETTUCE & SLICED TOMATO
FRENCH FRIES, HOLIDAY SUGAR COOKIE
NONFAT CHOCOLATE MILK

TOTAL CALORIES: 685
CALORIES FROM PROTEIN: 26%
CAL. FROM CARBOHYDRATES: 50%
CALORIES FROM FAT: 24%
GOAL: 30% OR LESS FAT CALORIES

FUZZY MATH.

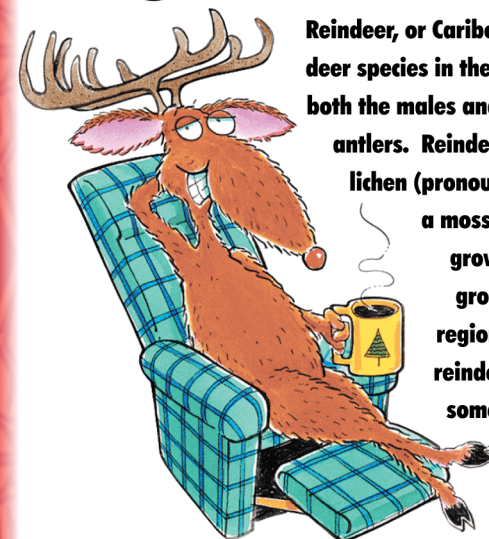
Doctors say we should try not to eat any trans fat
at all. But if a food serving has
less than .5 grams of trans
fat, the label can claim zero
grams. And if you eat 4 or 5
servings, that adds up. Want to be
sure? If "partially hydrogenated" oil
is listed in the ingredients, then the
food definitely contains 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 Jr. High School December 2022 Menu

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Sausage & Waffle Sandwich or Assorted Muffins or Assorted BeneFit Bars Fresh Fruit, Raisins & Milk Choice	English Muffin, Bacon, Egg & Cheese or Assorted Muffins or Assorted BeneFit Bars Fresh Fruit, 100% Juice & Milk Choice	Breakfast Burrito, Sausage & Waffle Sandwich or Yogurt Parfait or Assorted Muffins or Assorted BeneFit Bars Fresh Fruit, Raisins & Milk Choice	English Muffin, Bacon, Egg & Cheese, Buttermilk Breakfast Bars or Assorted Muffins or Assorted BeneFit Bars Fresh Fruit, 100% Juice & Milk Choice	Fresh Baked Cinnamon Rolls, Egg, Sausage & Cheese Biscuit Sandwich or Assorted Muffins or Assorted BeneFit Bars Fresh Fruit, Raisins & Milk Choice
LUNCH AVAILABLE DAILY	Lunch Items Offered Daily: 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	Asian Chicken over Noodles Beef Burger w/Tots Homemade Pizza	Nacho Bowls Spicy Chicken Burger w/Tots or Homemade Pizza	BBQ Chicken & Whole Grain Roll Beef Burger w/Tots Homemade Pizza	Turkey Gravy over Mashed Potatoes & Whole Grain Roll Spicy Chicken Burger w/Tots or Homemade Pizza	Bosco Cheese Sticks & Dipping Sauce Beef Burger w/Tots Homemade Pizza
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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