

Menus for May 2024



PARADISE HIGH SCHOOL

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

ADDITION BY SUBTRACTION.

Perhaps the single best way to ADD to your good health is to SUBTRACT one item from your diet: **ADDED SUGAR**. Nutritionists recommend that we get no more than 5-10% of daily calories from added sugar -- about 25-50 grams per day (6-12 teaspoons). Sound like a lot? A single 12-oz. soda contains 40 grams.

That's like eating 10 sugar packs!



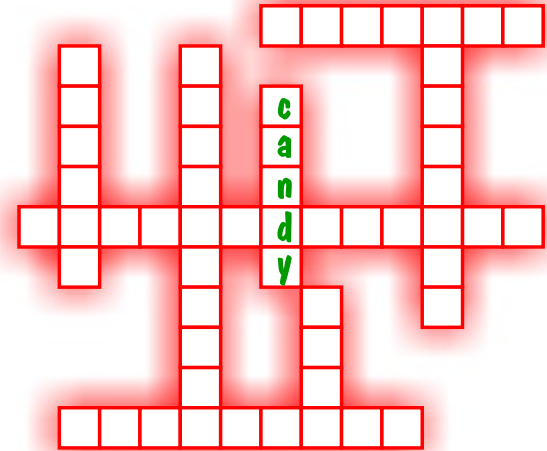
And you'll also find added sugar in lots of places you might not expect -- ketchup, BBQ sauce, bread, cereal (even those marketed as "healthy"), vitamin water, protein and granola bars, sports drinks -- even spaghetti sauce. Added sugar is required to be listed separately on nutrition labels. So get in the habit of checking that out! And choose whole, natural, unprocessed food when you can.

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



Sugar adds up!

On average, we should eat fewer than 12 teaspoons (about 50g) of added sugar a day. Six teaspoons or fewer is even better. The puzzle below can help you see if you're eating too much sugar for your own good -- but remember to check the nutrition labels, because added sugar (in many different disguises!) is contained in a lot of processed foods that we don't even think of as sweet!



Fit the names of the added sugar sources into the crossword puzzle.

- Soda** 10 teaspoons added sugar
- Milk Shake** 25 teaspoons
- Candy** (1 package) 5-10 teaspoons
- Fruit Drink** 4-8 teaspoons
- Ice Cream** 10 teaspoons
- Cookies** 2-8 teaspoons
- Frosted Cereal** 3 teaspoons
- Pastry** 3-12 teaspoons

These figures are averages and are for added sugar only -- some sugar occurs naturally in unprocessed foods like whole fruits and vegetables.

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

MOTHER'S DAY
MAY 12



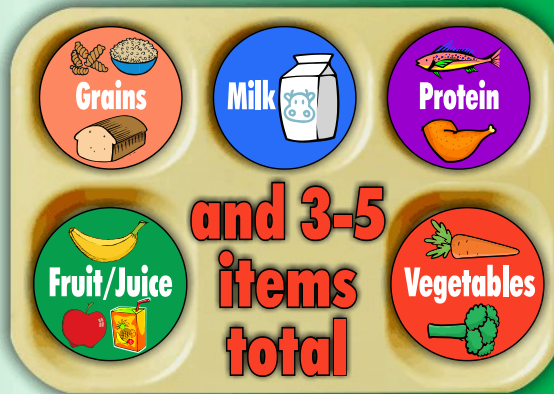
Word of the Month

em·pa·thy
noun 1. the ability to understand someone else's feelings 2. awareness of and sensitivity to another's thoughts and experiences

DON'T 4GET!
To make a lunch, choose at least one



or



and 3-5 items total

PARADISE UNIFIED SCHOOL DISTRICT CHILD FOOD SERVICES

Smile.
It's summer!
We'll see you next year.
Enjoy!

Paradise High School May & June 2024 Menu

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Breakfast Pizza or Bagel & Cream Cheese Banana and Raisins	English Muffin, Bacon, Egg & Cheese, French Toast, or 100% Fruit Juice & Raisins	Egg, Sausage & Cheese Biscuit Sandwich or Yogurt & Fruit Smoothie Oranges & Raisins	English Muffin, Bacon, Egg, Cini Mini & Cheese or Biscuit & Gravy, Buttermilk 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, Fruit, Yogurt & Granola Parfait or Charcuterie Board. Available with each meal: Fresh Fruit, Veggies and a choice of 1% White Milk or Nonfat Chocolate Milk				
SPECIAL LUNCH OF THE DAY	Spicy Chicken Patty on a Wheat Bun or Chicken Salad	Chicken Pesto Panini Sandwich or Chicken Salad or Chicken Tenders with Tots Buffalo Chicken Wrap	Bobcat Bowl (Potatoes, Corn, Turkey Gravy & Cheese) w/Breadstick or French Dip Sandwich or Chicken Caesar Salad	Chicken Tenders Or Chicken Caesar Salad	Bosco Cheese Sticks & Marinara Sauce Spicy Chicken Patty on a Bun or Chicken Caesar Salad, Teriyaki Chicken Sandwich, or Tuna or Egg Salad Sandwich
BUILD YOUR OWN BAR	Build Your Own Sandwich Bar	Build Your Own Pasta Bar	Build your own Taco Bar	Build Your Own Sandwich Bar	Between the Bun Hamburgers & Hot Dogs NEW-BBQ Pulled Pork & BBQ Pulled Chicken & Baked Beans
GARDEN BAR	Fresh Fruit Green Leaf Lettuce Tomato Slices & Carrots, Onion, Pickles & Jalapenos	Seasonal Fresh Fruit Green Leaf Lettuce Tomato Slices & Carrots, Onion, Pickles & Jalapenos	Fresh Fruit 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	Fresh Fruit 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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