

Menus for May 2024



PARADISE Jr. 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!



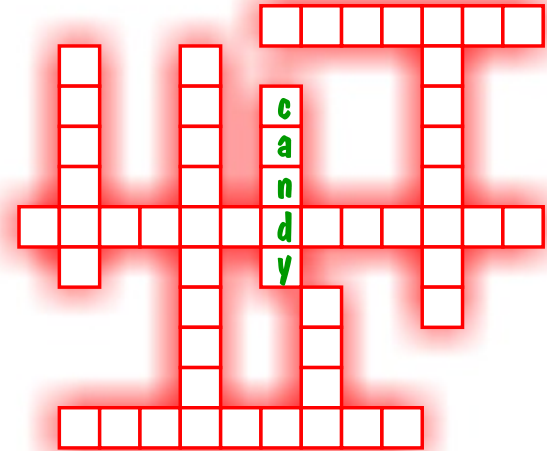
And you'll also find added sugar in lots of places you might not expect -- ketchup, BBQ sauce, bread, cereal (even those marketed as "healthy"), vitamin water, protein and granola bars, sports drinks -- even spaghetti sauce. Added sugar is required to be listed separately on nutrition labels. So get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



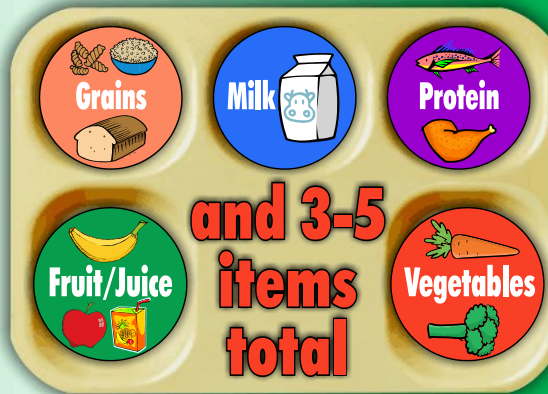
Word of the Month

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 Jr. High School May & June 2024 Menu

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<p>Sunny Fresh French Toast, CinniMini or Assorted Cereal, Muffins or Assorted BeneFit Bars Fresh Fruit, Raisins & Milk Choice</p>	<p>Sausage & Waffle Sandwich or Assorted Cereal, Muffins or Assorted BeneFit Bars Fresh Fruit, 100% Juice & Milk Choice</p>	<p>Fresh Baked Scone or Yogurt Parfait or Assorted Muffins or Assorted BeneFit Bars Fresh Fruit, Raisins & Milk Choice</p>	<p>English Muffin, Bacon, Egg & Cheese, Buttermilk Breakfast Bars or Assorted Muffins or Assorted BeneFit Bars Fresh Fruit, 100% Juice & Milk Choice</p>	<p>Fresh Baked Cinnamon Rolls, Turkey Sausage Scramble over Tots or Cereal, Assorted Muffins or Assorted BeneFit Bars Fresh Fruit, Raisins & Milk Choice</p>
LUNCH AVAILABLE DAILY	<p>Lunch Items Offered Daily: Chicken Caesar Salad, Turkey & Cheese Sandwich and Fruit, Yogurt & Granola Parfait. Available with each meal: Fresh Fruit, Veggies and a choice of 1% White Milk or Nonfat Chocolate Milk</p>				<p>SPRING BREAK Begins at the end of classes Thursday, March 28 Classes Resume: Monday, April 8</p>
SPECIAL LUNCH OF THE DAY	<p>Asian Orange Chicken over Rice</p> <p>Beef Burger w/Tots Homemade Pizza</p>	<p>Made to order Beef Tacos</p> <p>Spicy Chicken Burger w/Tots</p>	<p><i>Pesto Chicken & Cheese Sandwich on Ciabatta Bread</i></p> <p>Beef Burger w/Tots Homemade Pizza</p>	<p>Chicken Quesadilla</p> <p>Spicy Chicken Tenders, Wheat Roll and Tots</p>	<p>Homemade Bean & Cheese Burrito</p> <p>Beef Burger w/Tots Homemade Pizza</p>
GARDEN BAR	<p>Fresh Apples Green Leaf Lettuce Tomato Slices & Carrots, Onion, Pickles & Jalapenos</p>	<p>Fresh Pears Green Leaf Lettuce Tomato Slices & Carrots, Onion, Pickles & Jalapenos Black Bean, Corn & Salsa</p>	<p>Local Oranges Green Leaf Lettuce Tomato Slices & Carrots, Onion, Pickles & Jalapenos</p>	<p>Fruit Cocktail Green Leaf Lettuce Tomato Slices & Carrots, Onion, Pickles & Jalapenos</p>	<p>Sliced Peaches Green Leaf Lettuce Tomato Slices & Carrots, Onion, Pickles & Jalapenos</p>

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

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