

Menus for May 2024



RIDGE VIEW 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.

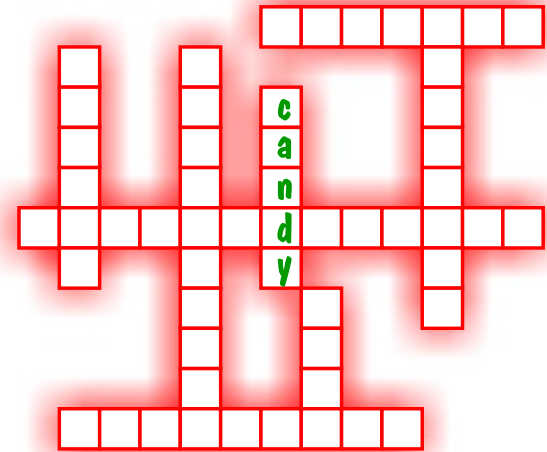
EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!



What's on **YOUR** plate?

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



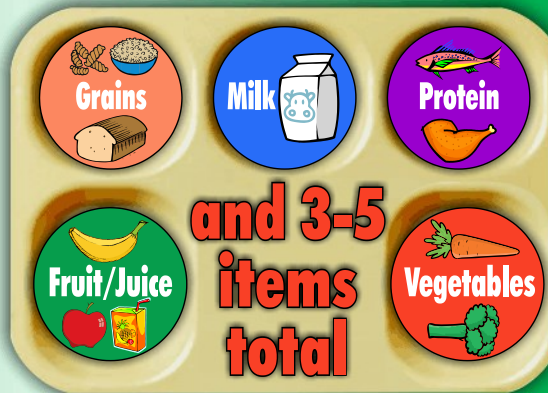
Word of the Month

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!

RIDGE VIEW HIGH SCHOOL MAY & JUNE 2024 MENU

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Bagel & Cream Cheese Homemade Breakfast Burrito or Breakfast Pizza 100% Fruit Juice	English Muffin, Bacon, Egg & Cheese Sandwich	Breakfast Burrito or French Toast Sticks 100% Fruit Juice	Breakfast Burritos or Biscuits & Gravy	Egg, Sausage & Cheese Biscuit Sandwich, or Fresh Baked Cinnamon Roll 100% Fruit Juice
BREAKFAST AVAILABLE DAILY	BREAKFAST ITEMS OFFERED DAILY: Muffin Madness and BeneFit Breakfast Bar Assortment, Fresh Fruit & a Choice of 1% White Milk or Nonfat Chocolate Milk				
LUNCH AVAILABLE DAILY	LUNCH ITEMS OFFERED DAILY: Homemade Pizza, Peanut Butter & Jelly Uncrustable or Turkey & Cheese Sandwich with Chips. Available with each meal: Fresh Fruit, Veggies and a choice of 1% White Milk or Nonfat Chocolate Milk				
SPECIAL LUNCH OF THE DAY	Asian Orange Chicken over Rice or Meatball Sandwich	Chicken Tenderloin Strips & Tots or Spicy Chicken Burger & Tots Buffalo Chicken Wrap	Beef, Beans & Rice Taco Bowl with Chips or Chicken Verde Burrito	Chicken Pesto Panini or a Spicy Chicken Patty on a Bun	BBQ Day Burgers or Sausage
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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