

Menus for May 2024



PARADISE UNIFIED SCHOOL DISTRICT

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

MOTHER'S DAY
MAY 12



CELEBRATE
YOUR
SCHOOL
LUNCH
HERO
FRIDAY,
MAY 3



SCHOOL LUNCH HERO

NUTRITION TO GO

Pizza and fries – that has to be a junk food meal, right? **WRONG!** Kids love the taste of our pizza and fries, sure. But those items are also formulated to be healthier than you might assume, especially when they are part of a complete, nutritious meal like the meals we serve every day!

A QUICK BITE FOR PARENTS



Sugar adds up!

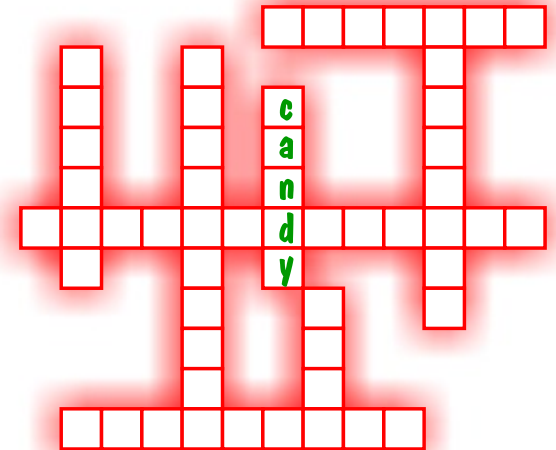
On average, we should eat fewer than 12 teaspoons (about 50g) of added sugar a day. Six teaspoons or fewer is even better. The puzzle below can help you see if you're eating too much sugar for your own good -- but remember to check the nutrition labels, because added sugar (in many different disguises!)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

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.



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

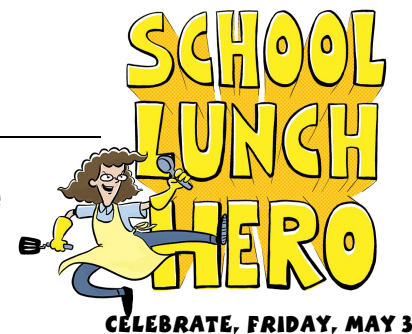
These figures are averages and are for added sugar only -- some sugar occurs naturally in unprocessed foods like whole fruits and vegetables.

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

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

Cedarwood, Pine Ridge, Paradise Ridge Elementary School May & June 2024 Menu

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Muffin Monday Banana and Raisins	Whole Grain Bagel 100% Fruit Juice & Raisins	Fresh Baked Cinnamon Roll Oranges & Raisins	Turkey Sausage Scramble & Tots 100% Fruit Juice & Raisins	French Toast Fresh Fruit & Raisins
BREAKFAST AVAILABLE DAILY	Breakfast Items Offered Daily: BeneFit Breakfast Bar Assortment or Cereal with Yogurt & a Choice of 1% White Milk or Nonfat Chocolate Milk				
LUNCH AVAILABLE DAILY	Lunch Items Offered Daily: Beef Hamburger, Cheeseburgers, or Veggie Burger, Fresh Made Cheese or Pork Pepperoni Pizza Choice. Available with each meal: Fresh Fruit, Veggies & a choice of 1% White Milk or Nonfat Chocolate Milk				
SPECIAL LUNCH OF THE DAY	Bosco Cheese Sticks with Marinara Sauce or PB&J Uncrustable	Beef, Bean & Brown Rice Bowl w/Chips or Yogurt, String Cheese & Crackers	Turkey Hot Dog on Wheat Bun or PB&J Uncrustable	Teriyaki Glazed Chicken over Noodles or Yogurt, String Cheese & Crackers	Breaded Chicken Sandwich on Wheat or Pork Sausage & Olive Pizza
GARDEN BAR	Fresh Apples Black Beans, Sugar Peas Tossed Salad Baby Carrots	Fruit Cocktail, Grape Tomatoes, Tossed Salad Baby Carrots Broccoli Buds	Fresh Pears Oranges Sugar Peas Tossed Salad Baby Carrots Zucchini Sticks	Local Oranges Cauliflower Florets Tossed Salad Baby Carrots Broccoli Buds	Sliced Peaches or Sliced Pears Black Beans Tossed Salad Baby Carrots Zucchini Sticks



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

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.