Elementary Menus For August & September

Paradise Unified School District
This institution is an equal opportunity provider. Menus are subject to change.

Welcome back students, we look forward to serving you all school year. We are excited to see each and everyone of your for a free Breakfast and Lunch every school day, come join us! Call us if you need help or have any questions 872-6472. Tanya Harter

Dates to Remember:
Wednesday, August 16 is the First Day of School
Monday, September 4 is Labor Day
Thursday, September 14 is a Minimum Day

In eternal remembrance of the victims, in continued support of their families, and in undying gratitude to the heroes.

MODERATION.
We’ve often told you all about the many benefits of filling your plate with fruits and veggies, healthy grains, and lean protein. But don’t forget - the SIZE of the plate and the AMOUNT of food you put on it matters, too. Enjoy what you eat, but try no to over-do it!

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

What’s on YOUR plate?

HALF FRUITS AND VEGETABLES
GRAINS: MOSTLY WHOLE
DAIRY

HALF FRUITS AND VEGETABLES
GRAINS: MOSTLY WHOLE
PROTEIN FOODS
DAIRY

NUTRITION TOGO
Broccoli is a “smart carb,” a food that provides lots of fiber and complex carbohydrates that aid digestion and make you feel full longer. Broccoli’s good for bone health, heart health, cancer prevention, reducing cholesterol, and even reducing allergies and inflammation!

A QUICK BITE FOR PARENTS
How is a strawberry like the flag of Italy?

As strawberries grow and ripen, they turn from green to white to red - just like the Italian flag! Strawberries are at their sweetest, juiciest best in spring, and just 8 medium berries provide 140% of the daily vitamin C you need!
Cedarwood, Pine Ridge, Paradise Ridge Elementary School August & September 2023 Menu

<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>BREAKFAST</td>
<td>Muffin Monday Banana and Raisins</td>
<td>Bagel 100% Fruit Juice &amp; Raisins</td>
<td>Fresh Baked Cinnamon Roll Oranges &amp; Raisins</td>
<td>Chicken &amp; Waffle Slider 100% Fruit Juice &amp; Raisins</td>
<td>Fruit &amp; Yogurt Smoothies + Cracker Fresh Fruit &amp; Raisins</td>
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<tr>
<td>BREAKFAST AVAILABLE DAILY</td>
<td>Breakfast Items Offered Daily: BeneFit Breakfast Bar Assortment or Cereal with Yogurt &amp; a Choice of 1% White Milk or Nonfat Chocolate Milk</td>
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<tr>
<td>LUNCH AVAILABLE DAILY</td>
<td>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 &amp; a choice of 1% White Milk or Nonfat Chocolate Milk</td>
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<td>SPECIAL LUNCH OF THE DAY</td>
<td>Turkey Hot Dog &amp; Wheat Bun or PB&amp;J Uncrustable</td>
<td>Beef &amp; Bean Taco Bowl with Tortilla Chips or Yogurt, String Cheese &amp; Crackers</td>
<td>Chicken Quesadilla or PB&amp;J Uncrustable</td>
<td>Pasta &amp; Meat Sauce or Yogurt, String Cheese &amp; Crackers</td>
<td>Turkey &amp; Cheese Wedge Sandwich or Pork Sausage &amp; Olive Pizza</td>
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<tr>
<td>GARDEN BAR</td>
<td>Fresh Apples Black Beans, Sugar Peas Tossed Salad Baby Carrots</td>
<td>Seasonal Fruit, Grape Tomatoes, Tossed Salad Baby Carrots Broccoli Buds</td>
<td>Fresh Pears Oranges Sugar Peas Tossed Salad Baby Carrots Zucchini Sticks</td>
<td>Local Oranges Cauliflower Florets Tossed Salad Baby Carrots Broccoli Buds</td>
<td>Seasonal Fresh Fruit Black Beans Tossed Salad Baby Carrots Zucchini Sticks</td>
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</tbody>
</table>

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

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