This year’s price: $0 You good with that?

All of our complete meals are always NO CHARGE for all students Through June 2022

FREE SUMMER MEALS AVAILABLE
PARADISE RIDGE ELEMENTARY SCHOOL-June 6-August 12
PINE RIDGE ELEMENTARY SCHOOL-June 6-June 24
PARADISE HIGH SCHOOL-June 6-June 24 & July 11-29
TERRI ASH PARK-June 6-July 15
ACHIEVE CHARTER SCHOOL-May 31-July 1
CEDARWOOD ELEMENTARY SCHOOL—June 13-July 1
CHILDREN’S COMMUNITY CHARTER SCHOOL-August 1-12

CINCO DE MAYO

Cinco de Mayo (Spanish for "May Fifth") is a time to celebrate Mexican-American food and culture in the U.S. It’s a much bigger deal here than it is in Mexico!

COOK FRESH.
A lot of processed foods – cereal, ketchup, cheese, and soda, to name just a few common items -- are often loaded with sodium (whether you can taste it or not) and most restaurant meals are very high in salt, too. In fact, the best way to be sure that your family is not eating too much sodium is to cook fresh foods at home and keep your hands off the shaker.

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

MOTHER’S DAY
MAY 8

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

NUTRITION TO GO
Broccoli is an excellent source of vitamin C and beta carotene, both of which can help fight cancer. Frozen broccoli actually has more beta carotene (but less vitamin C) than fresh. Steaming fresh broccoli is the best way to retain nutrients and avoid the “too strong” flavor that results from overcooking.

A QUICK BITE FOR PARENTS

VEGETABLE
Carrots
Carrots are a great source of Vitamin A, beta carotene, and fiber – and they’re tasty as well! This makes carrots a fantastic choice for a snack or at mealtime.
## Cedarwood, Pine Ridge, Paradise Ridge Elementary School May & June 2022 Menu

<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td>Muffin Monday Banana and Raisins</td>
<td>Bagel &amp; Cream Cheese 100% Fruit Juice &amp; Raisins</td>
<td>Fresh Baked Cinnamon Roll Oranges &amp; Raisins</td>
<td>Breakfast Burrito 100% Fruit Juice &amp; Raisins</td>
<td>Whole Grain Donuts Fresh Fruit &amp; Raisins</td>
</tr>
<tr>
<td><strong>BREAKFAST AVAILABLE DAILY</strong></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><strong>LUNCH AVAILABLE DAILY</strong></td>
<td>Lunch Items Offered Daily: Beef Hamburger, Cheeseburgers, or Veggie Burger 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>
<td></td>
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<tr>
<td><strong>SPECIAL LUNCH OF THE DAY</strong></td>
<td>Teriyaki Chicken Chicken over Noodles Or PB&amp;J Uncrustable</td>
<td>Beef, Bean &amp; Cheese Taco Bowl or Yogurt, String Cheese &amp; Crackers</td>
<td>Turkey Hot Dog Or PB&amp;J Uncrustable</td>
<td>Macaroni &amp; Cheese Or Yogurt, String Cheese &amp; Crackers</td>
<td>Chicken Chunks &amp; Potato Smiles Pork Sausage &amp; Olive Pizza</td>
</tr>
<tr>
<td><strong>GARDEN BAR</strong></td>
<td>Fresh Apples Black Beans, Sugar Peas Tossed Salad Baby Carrots</td>
<td>Frozen Fruit Cup Tomatoes, Tossed Salad Baby Carrots Broccoli Buds</td>
<td>Fresh Kiwi Oranges Sugar Peas Tossed Salad Baby Carrots Zucchini Sticks</td>
<td>Fresh Pears Cauliflower Florets Tossed Salad Baby Carrots Broccoli Buds</td>
<td>Seasonal Fresh Fruit Black Beans Tossed Salad Baby Carrots Zucchini Sticks</td>
</tr>
</tbody>
</table>

All meals include milk, fruit and veggies. Each meal is no charge to all students. Come Join Us! Due to the current uncertainty in the supply chain, menu is subject to change.