

**MENUS FOR  
MARCH  
2023**

**Paradise Jr. High School**

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

**Please see the other page  
for items available daily**



## BREAK AN EGG.

Hey, why do you think it's called BREAKfast? A breakfast sandwich of an egg, a slice of lean ham, and a piece of cheese on a whole-wheat English muffin, with an orange and lowfat milk, provides a delicious variety of foods, and only about 550 calories. Keeps you feeling full, too. Enjoy!

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

**Please join us for a  
nutritious, delicious  
breakfast during National  
School Breakfast Week,  
March 6-10!**

**DON'T 4 GET!**

**To make a lunch, choose at least one**

**Fruit/Juice**

**or**

**Veggie**

**Grains**

**Milk**

**Protein**

**Fruit/Juice**

**and 3-5  
items  
total**

**Vegetables**

**BREWSTER CENTRAL SCHOOL DISTRICT  
CHILD NUTRITION SERVICES**

**YOU'RE  
GOOD**



**ALL STUDENTS EAT ALL MEALS @  
NO COST ALL YEAR LONG**

**PARADISE UNIFIED SCHOOL DISTRICT FOOD SERVICES**

## BARNYARD MANNERS



When a rooster finds something good to eat in the course of making his rounds, he will often call his flock over to eat first before he eats. He even has a special call to let the hens know that he has found something tasty. So the next time someone accuses you of having barnyard manners, tell them thanks!

## ANIMAL APPETITES

**THE Top 10 Artists for the entire year, 2022**

**LIST**

- 1/Bad Bunny
- 2/Doja Cat
- 3/Harry Styles
- 4/Ed Sheeran
- 5/Morgan Wallen
- 6/Taylor Swift
- 7/Justin Bieber
- 8/Drake
- 9/Future
- 10/Lil Baby

Source:  
Billboard

# Paradise Jr. High School March 2023 Menu

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Sausage & Waffle Sandwich or Assorted Muffins or Assorted BeneFit Bars Fresh Fruit, Raisins & Milk Choice	<i>Breakfast Taco w/Salsa</i> or Assorted Muffins or Assorted BeneFit Bars Fresh Fruit, 100% Juice & Milk Choice	Breakfast Burrito, Sausage & Waffle Sandwich or Yogurt Parfait or Assorted Muffins or Assorted BeneFit Bars Fresh Fruit, Raisins & Milk Choice	English Muffin, Bacon, Egg & Cheese, Buttermilk Breakfast Bars or Assorted Muffins or Assorted BeneFit Bars Fresh Fruit, 100% Juice & Milk Choice	Fresh Baked Cinnamon Rolls, Egg, Sausage & Cheese Biscuit Sandwich or Assorted Muffins or Assorted BeneFit Bars Fresh Fruit, Raisins & Milk Choice
<b>LUNCH AVAILABLE DAILY</b>	<b>Lunch Items Offered Daily:</b> Chicken Caesar Salad, Turkey & Cheese Sandwich with Chips and Fruit, Yogurt & Granola Parfait. <b>Available with each meal:</b> Fresh Fruit, Veggies and a choice of 1% White Milk or Nonfat Chocolate Milk				
<b>SPECIAL LUNCH OF THE DAY</b>	<i>Sweet &amp; Spicy Chicken Ramen Bowl</i>  Beef Burger w/Tots Homemade Pizza	Made to Order Beef Tacos  Spicy Chicken Burger w/Tots	<i>Sloppy Waffle</i> (BBQ Pulled Pork in-between 2 Waffles)  Beef Burger w/Tots Homemade Pizza	<i>Hot Verde Chicken Burrito</i>  Spicy Chicken Burger w/Tots	Bosco Cheese Sticks & Dipping Sauce  Beef Burger w/Tots Homemade Pizza
<b>GARDEN BAR</b>	Fresh Apples Green Leaf Lettuce Tomato Slices & Carrots, Onion, Pickles & Jalapenos	Fresh Pears Green Leaf Lettuce Tomato Slices & Carrots, Onion, Pickles & Jalapenos	Local Oranges Green Leaf Lettuce Tomato Slices & Carrots, Onion, Pickles & Jalapenos	Local Kiwi Green Leaf Lettuce Tomato Slices & Carrots, Onion, Pickles & Jalapenos Black Bean, Corn & Salsa	Local Oranges 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!**

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.