Menus for May & June 2022
Paradise Jr. High School
Paradise Unified School District
This institution is an equal opportunity provider. Menus are subject to change.

Please see reverse for items available daily

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!

Congratulations and best of luck to all members of the Class of 2022.

We’ll look forward to seeing (and serving!) the rest of you again next fall.
Thanks for your business this year!

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

MOTHER’S DAY MAY 8
<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><strong>BREAKFAST</strong></td>
<td>Breakfast Pizza Squares, Banana and Raisins</td>
<td>Cini Minis or Pancake &amp; Sausage on a Stick, 100% Fruit Juice &amp; Raisins</td>
<td>Sausage &amp; Pancake Sandwich or Yogurt Parfait, Oranges &amp; Raisins</td>
<td>Colby Cheese Omelet &amp; Tots or Buttermilk Breakfast Bars, 100% Fruit Juice &amp; Raisins</td>
<td>Fresh Baked Cinnamon Rolls, Fresh Fruit &amp; Raisins</td>
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<tr>
<td><strong>BREAKFAST AVAILABLE DAILY</strong></td>
<td>Breakfast Items Offered Daily: Cereal &amp; Yogurt Choice, Bagel &amp; Cream Cheese, PB&amp;J Uncrustables, Muffin Madness, BeneFit Breakfast Bar Assortment &amp; a Choice of 1% White Milk or Nonfat Chocolate Milk</td>
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<td><strong>LUNCH AVAILABLE DAILY</strong></td>
<td>Lunch Items Offered Daily: Spicy Chicken Sandwich, Hamburgers or Cheeseburgers with Tater Tots, Pizza Choice, Turkey Sandwich with Chips, Chicken Caesar Salad and Fruit &amp; Yogurt Parfait</td>
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<td>Available with each meal: Fresh Fruit, Veggies, Water and a choice of 1% White Milk or Nonfat Chocolate Milk</td>
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<tr>
<td><strong>SPECIAL LUNCH OF THE DAY</strong></td>
<td>Chicken Tenders with Tator Tots</td>
<td>Made to Order Beef Tacos</td>
<td>Turkey Corn Dog</td>
<td>Homemade Pizza Day</td>
<td>Asian Orange Chicken &amp; Rice Bowl</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!