



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.

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!



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.

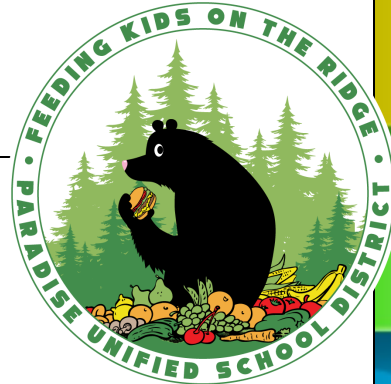


EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

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

Paradise Jr. High School May & June 2022 Menu

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Breakfast Pizza Squares Banana and Raisins	Cini Minis or Pancake & Sausage on a Stick 100% Fruit Juice & Raisins	Sausage & Pancake Sandwich or Yogurt Parfait Oranges & Raisins	Colby Cheese Omelet & Tots or Buttermilk Breakfast Bars 100% Fruit Juice & Raisins	Fresh Baked Cinnamon Rolls Fresh Fruit & Raisins
BREAKFAST AVAILABLE DAILY	Breakfast Items Offered Daily: Cereal & Yogurt Choice, Bagel & Cream Cheese, PB&J Uncrustables, Muffin Madness, BeneFit Breakfast Bar Assortment & a Choice of 1% White Milk or Nonfat Chocolate Milk				
LUNCH AVAILABLE DAILY	Lunch Items Offered Daily: Spicy Chicken Sandwich, Hamburgers or Cheeseburgers with Tater Tots, Pizza Choice, Turkey Sandwich with Chips, Chicken Caesar Salad and Fruit & Yogurt Parfait Available with each meal: Fresh Fruit, Veggies, Water and a choice of 1% White Milk or Nonfat Chocolate Milk				
SPECIAL LUNCH OF THE DAY	Chicken Tenders with Tator Tots	Made to Order Beef Tacos	Turkey Corn Dog	Homemade Pizza Day	Asian Orange Chicken & Rice Bowl
GARDEN BAR	Apples, Oranges & Bananas Green Leaf Lettuce Tomato Slices & Carrots, Onion, Pickles & Jalapenos	Seasonal Fresh Fruit Green Leaf Lettuce Tomato Slices & Carrots, Onion, Pickles & Jalapenos	Apples, Oranges & Bananas Green Leaf Lettuce Tomato Slices & Carrots, Onion, Pickles & Jalapenos	Seasonal Fresh Fruit Green Leaf Lettuce Tomato Slices & Carrots, Onion, Pickles & Jalapenos Black Bean, Corn & Salsa	Apples, Oranges & Bananas 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!