

Back to school

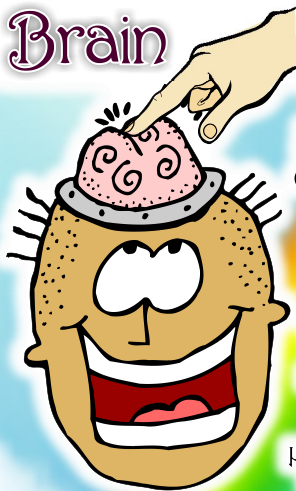
Menus for August & September 2023

Achieve Charter School Paradise



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

Brain Ticklers



Before Mt. Everest was discovered, what was the tallest mountain on earth?

(Hold the page upside down and read it in a mirror for the answer!)

to be the tallest
have to be "discovered"
Mt. Everest. It didn't

NUTRITION TO GO

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

Wednesday, August 16

Breakfast

Benefit Bar or Yogurt &
Cereal Fresh Fruit, Raisins &
Choice of 1% White or
Nonfat Chocolate Milk

Lunch

Beef Hamburger
Fresh Pears
Baby Carrots
Tossed Salad & Ranch
Choice of 1% White or
Nonfat Chocolate Milk

Thursday, August 17

Breakfast

Benefit Bar or Yogurt &
Cereal Fresh Fruit, Raisins &
Choice of 1% White or Nonfat
Chocolate Milk

Lunch

Pasta & Meat Sauce
Orange Slices
Cauliflower & Broccoli Florets
Choice of 1% White or Nonfat
Chocolate Milk

Friday, August 18

Breakfast

Benefit Bar or Yogurt &
Cereal Fresh Fruit, Raisins &
Choice of 1% White or Nonfat
Chocolate Milk

Lunch

Cheese or Pepperoni Pizza
Fresh Seasonal Fruit
Black Beans
Baby Carrots
Choice of 1% White or Nonfat
Chocolate Milk

YOU'RE STILL GOOD

TM



ALL STUDENTS EAT ALL MEALS @ NO COST AGAIN THIS YEAR

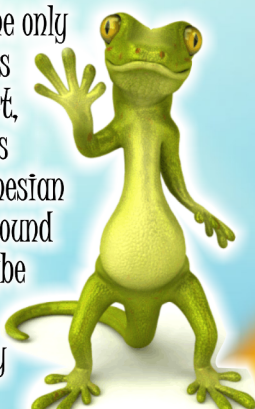
PARADISE UNIFIED SCHOOL DISTRICT
FOOD SERVICES

We're
SO GLAD
to see you!
It's going
to be a
GREAT YEAR
and we can't
wait to serve
your meals!



1 AND ONLY!

The gecko is the only lizard that has a voice. In fact, its name comes from the Indonesian word for the sound it makes. Maybe that's why it's on so many commercials!





Every complete meal we serve comes with your choice of milk!

Word of the Month

per·se·ver·ance

noun. 1. the quality of never giving up 2. persisting at a task or object despite difficulties, obstacles, and discouragement

Now serving: Protein, Calcium and ...FIBER?!



Flavored fat-free milk provides the same great calcium and protein as white milk – and chocolate milk even contains fiber! Eight ounces of flavored fat-free milk includes just 14 g of added sugar – that's about 60 calories – in addition to about 12 g of naturally occurring lactose sugar that comes straight from the cow.

No wonder national health groups ranging from the American Academy of Pediatrics to the American Dietetic Association all support low-fat and fat-free milk in schools, including flavored milk. Milk in schools is a crucial source of calcium and other key nutrients for kids -- and a fairly minimal source of sugar and calories.

Monday, August 21	Tuesday, August 22	Wednesday, August 23	Thursday, August 24	Friday, August 25
Breakfast BeneFit Bar or Yogurt & Cereal Fresh Fruit, Raisins & Choice of 1% White or Nonfat Chocolate Milk Lunch Hot Dog Fresh Apples Sugar Peas Garbanzo Beans Choice of 1% White or Nonfat Chocolate Milk	Breakfast BeneFit Bar or Yogurt & Cereal Fresh Fruit, Raisins & Choice of 1% White or Nonfat Chocolate Milk Lunch Peanut Butter & Jelly Sandwich Fresh Seasonal Fruit Grape Tomatoes Broccoli & Ranch Choice of 1% White or Nonfat Chocolate Milk	Breakfast BeneFit Bar or Yogurt & Cereal Fresh Fruit, Raisins & Choice of 1% White or Nonfat Chocolate Milk Lunch Grilled Cheese Sandwich Fresh Pears Baby Carrots Tossed Salad & Ranch Choice of 1% White or Nonfat Chocolate Milk	Breakfast BeneFit Bar or Yogurt & Cereal Fresh Fruit, Raisins & Choice of 1% White or Nonfat Chocolate Milk Lunch Chicken Quesadilla Orange Slices Cauliflower & Broccoli Florets Choice of 1% White or Nonfat Chocolate Milk	Breakfast BeneFit Bar or Yogurt & Cereal Fresh Fruit, Raisins & Choice of 1% White or Nonfat Chocolate Milk Lunch Turkey & Cheese Wedge Sandwich Fresh Seasonal Fruit Black Beans Baby Carrots Choice of 1% White or Nonfat Chocolate Milk
Monday, August 28	Tuesday, August 29	Wednesday, August 30		
Breakfast BeneFit Bar or Yogurt & Cereal Fresh Fruit, Raisins & Choice of 1% White or Nonfat Chocolate Milk Lunch Hot Dog Fresh Apples Sugar Peas Garbanzo Beans Choice of 1% White or Nonfat Chocolate Milk	Breakfast BeneFit Bar or Yogurt & Cereal Fresh Fruit, Raisins & Choice of 1% White or Nonfat Chocolate Milk Lunch Beef Hamburger Fresh Seasonal Fruit Grape Tomatoes Broccoli & Ranch Choice of 1% White or Nonfat Chocolate Milk	Breakfast BeneFit Bar or Yogurt & Cereal Fresh Fruit, Raisins & Choice of 1% White or Nonfat Chocolate Milk Lunch PB&J Uncrustable Fresh Pears Baby Carrots Tossed Salad & Ranch Choice of 1% White or Nonfat Chocolate Milk		

**EAT BETTER.
PLAY HARDER.
LIVE HEALTHIER.
LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!

This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!

Lunch
Chicken Quesadilla
Orange Slices
Cauliflower & Broccoli Florets
Choice of 1% White or Nonfat
Chocolate Milk

Lunch
Turkey & Cheese Wedge
Sandwich
Fresh Seasonal Fruit
Black Beans
Baby Carrots
Choice of 1% White or Nonfat
Chocolate Milk

Lunch
Beef Hamburger
Fresh Seasonal Fruit
Grape Tomatoes
Broccoli & Ranch
Choice of 1% White or Nonfat
Chocolate Milk

Lunch
PB&J Uncrustable
Fresh Pears
Baby Carrots
Tossed Salad & Ranch
Choice of 1% White or
Nonfat Chocolate Milk

Lunch
Chicken Quesadilla
Orange Slices
Cauliflower & Broccoli Florets
Choice of 1% White or Nonfat
Chocolate Milk

Lunch
Turkey & Cheese Wedge
Sandwich
Fresh Seasonal Fruit
Black Beans
Baby Carrots
Choice of 1% White or Nonfat
Chocolate Milk

Lunch
Hot Dog
Fresh Apples
Sugar Peas
Garbanzo Beans
Choice of 1% White or Nonfat
Chocolate Milk

Lunch
Beef Hamburger
Fresh Seasonal Fruit
Grape Tomatoes
Broccoli & Ranch
Choice of 1% White or Nonfat
Chocolate Milk

Lunch
PB&J Uncrustable
Fresh Pears
Baby Carrots
Tossed Salad & Ranch
Choice of 1% White or
Nonfat Chocolate Milk

Lunch
Chicken Quesadilla
Orange Slices
Cauliflower & Broccoli Florets
Choice of 1% White or Nonfat
Chocolate Milk

Lunch
Turkey & Cheese Wedge
Sandwich
Fresh Seasonal Fruit
Black Beans
Baby Carrots
Choice of 1% White or Nonfat
Chocolate Milk

Lunch
Hot Dog
Fresh Apples
Sugar Peas
Garbanzo Beans
Choice of 1% White or Nonfat
Chocolate Milk

Lunch
Beef Hamburger
Fresh Seasonal Fruit
Grape Tomatoes
Broccoli & Ranch
Choice of 1% White or Nonfat
Chocolate Milk

Lunch
PB&J Uncrustable
Fresh Pears
Baby Carrots
Tossed Salad & Ranch
Choice of 1% White or
Nonfat Chocolate Milk

Lunch
Chicken Quesadilla
Orange Slices
Cauliflower & Broccoli Florets
Choice of 1% White or Nonfat
Chocolate Milk

Lunch
Turkey & Cheese Wedge
Sandwich
Fresh Seasonal Fruit
Black Beans
Baby Carrots
Choice of 1% White or Nonfat
Chocolate Milk

Lunch
Hot Dog
Fresh Apples
Sugar Peas
Garbanzo Beans
Choice of 1% White or Nonfat
Chocolate Milk

Lunch
Beef Hamburger
Fresh Seasonal Fruit
Grape Tomatoes
Broccoli & Ranch
Choice of 1% White or Nonfat
Chocolate Milk

Lunch
PB&J Uncrustable
Fresh Pears
Baby Carrots
Tossed Salad & Ranch
Choice of 1% White or
Nonfat Chocolate Milk

Lunch
Chicken Quesadilla
Orange Slices
Cauliflower & Broccoli Florets
Choice of 1% White or Nonfat
Chocolate Milk

Lunch
Turkey & Cheese Wedge
Sandwich
Fresh Seasonal Fruit
Black Beans
Baby Carrots
Choice of 1% White or Nonfat
Chocolate Milk