

# MENUS FOR OCTOBER 2023



## Achieve Charter School - Paradise

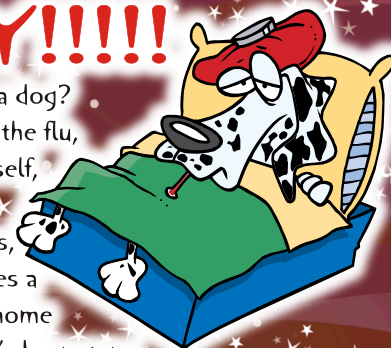
This institution is an equal opportunity provider. Menus are subject to change.

## Many Moons

Native Americans had special names for every full moon of the year. One name for the October full moon is the "Yellow Leaf Moon," as the changing colors of the leaves signal a new season!

## STAY!!!!!!

Feeling sick as a dog? If you think it's the flu, please do yourself, your teachers, your classmates, and their families a favor and stay home until your fever's been gone for at least 24 hours. That's a good boy.



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

## DON'T GET!

To make a lunch, choose at least one



or



PARADISE UNIFIED SCHOOL DISTRICT  
NUTRITION SERVICES

### Monday, October 2

#### Breakfast

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

#### Lunch

Beef Burgers  
Fresh Apples  
Sugar Peas  
Garbanzo Beans  
Choice of 1% White or Nonfat Chocolate Milk

### Tuesday, October 3

#### Breakfast

Muffins  
Fresh Fruit, Raisins & Choice of 1% White or Nonfat Chocolate Milk

#### Lunch

Turkey & Cheese Wedge Sandwich  
Fresh Seasonal Fruit  
Grape Tomatoes  
Broccoli & Ranch  
Choice of 1% White or Nonfat Chocolate Milk

### Wednesday, October 4

#### Breakfast

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

#### Lunch

Peanut Butter & Jelly Uncrustable  
Fresh Pears  
Baby Carrots  
Tossed Salad & Ranch  
Choice of 1% White or Nonfat Chocolate Milk

### Thursday, October 5

#### Breakfast

Cinnamon Rolls  
Fresh Fruit, Raisins & Choice of 1% White or Nonfat Chocolate Milk

#### Lunch

Bosco Cheese Sticks & Marinara Sauce  
Orange Slices  
Cauliflower & Broccoli Florets  
Choice of 1% White or Nonfat Chocolate Milk

### Friday, October 6

**Staff Development Day**

**No School**

### Monday, October 9

#### Breakfast

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

#### Lunch

Beef Burgers  
Fresh Apples  
Sugar Peas  
Garbanzo Beans  
Choice of 1% White or Nonfat Chocolate Milk

### Tuesday, October 10

#### Breakfast

Muffins  
Fresh Fruit, Raisins & Choice of 1% White or Nonfat Chocolate Milk

#### Lunch

Turkey & Cheese Wedge Sandwich  
Fresh Seasonal Fruit  
Grape Tomatoes  
Broccoli & Ranch  
Choice of 1% White or Nonfat Chocolate Milk

### Wednesday, October 11

#### Breakfast

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

#### Lunch

Peanut Butter & Jelly Uncrustable  
Fresh Pears  
Baby Carrots  
Tossed Salad & Ranch  
Choice of 1% White or Nonfat Chocolate Milk

### Thursday, October 12

#### Breakfast

Cinnamon Rolls  
Fresh Fruit, Raisins & Choice of 1% White or Nonfat Chocolate Milk

#### Lunch

Bosco Cheese Sticks & Marinara Sauce  
Orange Slices  
Cauliflower & Broccoli Florets  
Choice of 1% White or Nonfat Chocolate Milk

### Friday, October 13

#### Breakfast

Benefit Breakfast Bars  
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

# OCTOBER

The name "October" comes from the Latin word for "eight" -- but it's the tenth month! What gives? In the Roman calendar, it WAS the eighth month, but then January and February were added when the calendar was revised, and October kept its name.



## Lepidopterist

A "Lepidopterist" is someone who collects or studies butterflies.



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

PARADISE UNIFIED SCHOOL DISTRICT FOOD SERVICES

**Monday, October 16**

### Breakfast

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

### Lunch

Beef Burgers  
Fresh Apples  
Sugar Peas  
Garbanzo Beans  
Choice of 1% White or Nonfat Chocolate Milk

**Tuesday, October 17**

### Breakfast

Muffins  
Fresh Fruit, Raisins & Choice of 1% White or Nonfat Chocolate Milk

### Lunch

Turkey & Cheese Wedge Sandwich  
Fresh Seasonal Fruit  
Grape Tomatoes  
Broccoli & Ranch  
Choice of 1% White or Nonfat Chocolate Milk

**Wednesday, October 18**

### Breakfast

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

### Lunch

Peanut Butter & Jelly Uncrustable  
Fresh Pears  
Baby Carrots  
Tossed Salad & Ranch  
Choice of 1% White or Nonfat Chocolate Milk

**Thursday, October 19**

### Breakfast

Cinnamon Rolls  
Fresh Fruit, Raisins & Choice of 1% White or Nonfat Chocolate Milk

### Lunch

Bosco Cheese Sticks & Marinara Sauce  
Orange Slices  
Cauliflower & Broccoli Florets  
Choice of 1% White or Nonfat Chocolate Milk

**Friday, October 20**

### Breakfast

Benefit Breakfast Bars  
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  
tras

**Monday, October 23**

### Breakfast

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

### Lunch

Beef Burgers  
Fresh Apples  
Sugar Peas  
Garbanzo Beans  
Choice of 1% White or Nonfat Chocolate Milk

**Tuesday, October 24**

### Breakfast

Muffins  
Fresh Fruit, Raisins & Choice of 1% White or Nonfat Chocolate Milk

### Lunch

Turkey & Cheese Wedge Sandwich  
Fresh Seasonal Fruit  
Grape Tomatoes  
Broccoli & Ranch  
Choice of 1% White or Nonfat Chocolate Milk

**Wednesday, October 25**

### Breakfast

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

### Lunch

Peanut Butter & Jelly Uncrustable  
Fresh Pears  
Baby Carrots  
Tossed Salad & Ranch  
Choice of 1% White or Nonfat Chocolate Milk

**Thursday, October 26**

### Breakfast

Cinnamon Rolls  
Fresh Fruit, Raisins & Choice of 1% White or Nonfat Chocolate Milk

### Lunch

Bosco Cheese Sticks & Marinara Sauce  
Orange Slices  
Cauliflower & Broccoli Florets  
Choice of 1% White or Nonfat Chocolate Milk

**Friday, October 27**

### Breakfast

Benefit Breakfast Bars  
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

**Monday, October 30**

### Breakfast

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

### Lunch

Beef Burgers  
Fresh Apples  
Sugar Peas  
Garbanzo Beans  
Choice of 1% White or Nonfat Chocolate Milk

**Tuesday, October 31**

### Breakfast

Muffins  
Fresh Fruit, Raisins & Choice of 1% White or Nonfat Chocolate Milk

### Lunch

Turkey & Cheese Wedge Sandwich  
Fresh Seasonal Fruit  
Grape Tomatoes  
Broccoli & Ranch  
Choice of 1% White or Nonfat Chocolate Milk

## this month: olives

There are some foods that most kids don't like, but most adults do. Why? It's a mystery! Take olives, for instance. If you're a kid, chances are that

you won't touch them.

And no wonder -- they have a strong

flavor and are also quite salty. But some grocery stores sell dozens of different kinds. SOMEBODY must be eating all those olives. Guess who? ADULTS!

