

MENUS FOR DECEMBER 2023



ACHIEVE CHARTER SCHOOL OF PARADISE

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

★ OUR NATION'S HISTORY ★

Cranberries are considered a very American food. Native Americans made cranberry sauce by sweetening the tart berries with maple syrup. When it was discovered that cranberries grew very well in "bogs" of shallow water, cultivation of the fruit spread from New England to Wisconsin to the Pacific Northwest -- and even to Europe! When an American ship loaded with cranberries sank along the Dutch coast, crates of the berries washed ashore and broke up. Some of the berries took root, and cranberries have been cultivated on certain Dutch islands ever since!

★ WITH LIBERTY & JUSTICE FOR ALL ★



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

DON'T 4GET!
To make a lunch,
choose at least one



or



PARADISE UNIFIED SCHOOL DISTRICT FOOD SERVICES

Friday, December 1

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
Rice Krispie Treat w/Meal

YOU'RE GOOD
ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG



PARADISE UNIFIED SCHOOL DISTRICT FOOD SERVICES

Monday, December 4

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, December 5

Breakfast

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

Lunch

Pasta & Meat Sauce with Roll
Fresh Seasonal Fruit
Grape Tomatoes
Broccoli & Ranch
Choice of 1% White or Nonfat
Chocolate Milk

Wednesday, December 6

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, December 7

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, December 8

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
Rice Krispie Treat w/Meal

HAPPIER HOLIDAYS.

Want to avoid over-eating during the holidays? Make sure you eat breakfast every morning.

Missing that first meal of the day can cause you to feel intense cravings and extreme hunger, making it difficult to avoid high fat, high sugar temptations.



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

Reindeer

In some parts of the world, reindeer are harnessed to pull sleds, so you might guess that their name comes from the "reins" they wear. And you'd be wrong! The name actually comes from a very ancient Norse word that simply means "horned animal." The North

American name for the reindeer, "caribou," comes from a Native American word, "qalipu." Roughly translated, that word means "snow shoveler," which is a description of the way the reindeer paws the ground free of snow to find food!



Word play

Word of the Month

kind·ness

noun 1. goodness; benevolence 2. consideration for the feelings and well-being of people other than oneself 3. sympathy; gentle helpfulness

Monday, December 11

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, December 12

Breakfast

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

Lunch

Pasta & Meat Sauce with Roll
Fresh Seasonal Fruit
Grape Tomatoes
Broccoli & Ranch
Choice of 1% White or Nonfat Chocolate Milk

Wednesday, December 13

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, December 14

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, December 15

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
Rice Krispie Treat w/Meal

Monday, December 18

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, December 19

Breakfast

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

Lunch

Pasta & Meat Sauce with Roll
Fresh Seasonal Fruit
Grape Tomatoes
Broccoli & Ranch
Choice of 1% White or Nonfat Chocolate Milk

Wednesday, December 20

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, December 21

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, December 22

No school



Get crackin'!

There might not be another snack that's as good for you -- and as fun -- as whole walnuts that you crack yourself! The nuts are filling and tasty, and the process of breaking them open involves more effort than mindlessly stuffing yourself with chips. Plus walnuts are loaded with stuff that's good for you -- for instance, walnuts are one of the few non-fish sources of super-healthy omega-3 fatty acids.

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

See You Next Year!

Last day of school:
Friday, December 22

Classes Resume
Monday, January 8

