

# Menus for May & June 2023

**Achieve Charter School of Paradise**

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



## We face a dire challenge. And now, we need to ask your help.

During the entire time that the pandemic raged, we were there for our families. We provided free meals – for all students – in a safe manner, and our wonderful people risked their own health to make sure that our kids were fed during the worst of the crisis. Why? Well, because we knew that kids faced enough learning challenges during that trying time, and we've always known that hungry kids can't learn under the best of circumstances, much less the conditions that prevailed while the pandemic spread.

We remain hopeful that this experience may help make it possible for us to provide meals at no cost for all again at some point going forward. That would be ideal. But for now, we're back to our pre-pandemic rules: we can only serve free meals to folks who apply and are eligible. And if families aren't eligible or don't apply, we need to ask that meals be paid for, as was the case prior to the winter of 2020.

And that's our dire challenge. Many kids and families understandably became used to receiving free meals. But free meals are not allowed for everyone any more.

By law, our meal program has to break even – we can't carry debt and we can't use federal funds to cover debt. We sometimes extend credit to our customers because we don't like to see any kid go hungry. But now, we need to ask all of you to please settle any school meals debt you might have immediately. The very existence of our meals programs depends on it. Thank you.

**School Meals**  
*We serve education every day™*

### Monday, May 1

#### **Breakfast**

BeneFit Bar or Yogurt & Cereal  
Bananas & Raisins, 1% White Milk or Nonfat Chocolate Milk

#### **Lunch**

Turkey Hot Dog on Wheat Apple Slices  
Black Beans, Sugar Peas, 1% White Milk or Nonfat

### Tuesday, May 2

#### **Breakfast**

Type **Breakfast**  
BeneFit Bar or Yogurt & Cereal  
Juice & Raisins, 1% White Milk or Nonfat Chocolate Milk

#### **Lunch**

PB&J Uncrustable, Seasonal Fruit, Grape Tomatoes, Broccoli Buds, 1% White Milk or Nonfat

### Wednesday, May 3

#### **Breakfast**

BeneFit Bar or Yogurt & Cereal  
Orange Slices & Raisins, 1% White Milk or Nonfat Chocolate Milk

#### **Lunch**

Cheeseburger on Wheat, Fresh Pears, Baby Carrots & Tossed Salad, 1% White Milk or Nonfat Chocolate Milk

### Thursday, May 4

#### **Breakfast**

BeneFit Bar or Yogurt & Cereal  
Juice & Raisins, 1% White Milk or Nonfat Chocolate Milk

#### **Lunch**

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

### Friday, May 5

#### **Breakfast**

BeneFit Bar or Yogurt & Cereal  
Fruit & Raisins, 1% White Milk or Nonfat Chocolate Milk

#### **Lunch**

Pizza Day  
Local Kiwi Slices, Corn & Black Beans, Zucchini Sticks  
1% White Milk or Nonfat Chocolate Milk

### Monday, May 8

#### **Breakfast**

BeneFit Bar or Yogurt & Cereal  
Bananas & Raisins, 1% White Milk or Nonfat Chocolate Milk

#### **Lunch**

Turkey Hot Dog on Wheat Apple Slices  
Black Beans, Sugar Peas, 1% White Milk or Nonfat

### Tuesday, May 9

#### **Breakfast**

BeneFit Bar or Yogurt & Cereal  
Juice & Raisins, 1% White Milk or Nonfat Chocolate Milk

#### **Lunch**

PB&J Uncrustable, Seasonal Fruit, Grape Tomatoes, Broccoli Buds, 1% White Milk or Nonfat Chocolate Milk

### Wednesday, May 10

#### **Breakfast**

BeneFit Bar or Yogurt & Cereal  
Orange Slices & Raisins, 1% White Milk or Nonfat Chocolate Milk

#### **Lunch**

Cheeseburger on Wheat, Fresh Pears, Baby Carrots & Tossed Salad, 1% White Milk or Nonfat Chocolate Milk

### Thursday, May 11

#### **Breakfast**

BeneFit Bar or Yogurt & Cereal  
Juice & Raisins, 1% White Milk or Nonfat Chocolate Milk

#### **Lunch**

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

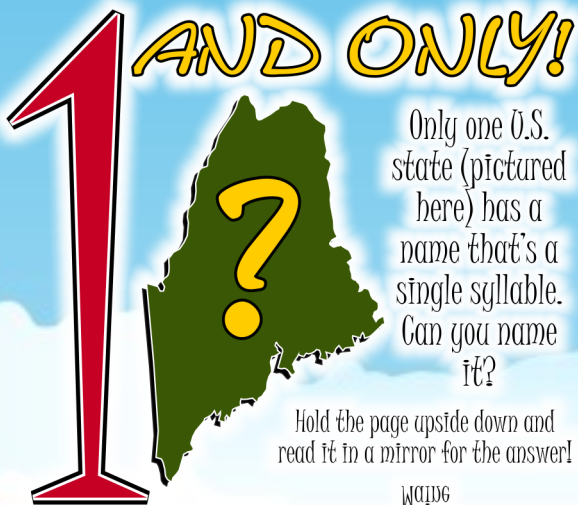
### Friday, May 12

#### **Breakfast**

BeneFit Bar or Yogurt & Cereal  
Fruit & Raisins, 1% White Milk or Nonfat Chocolate Milk

#### **Lunch**

Pizza Day  
Local Kiwi Slices, Corn & Black Beans, Zucchini Sticks  
1% White Milk or Nonfat Chocolate Milk



Only one U.S. state (pictured here) has a name that's a single syllable. Can you name it?

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

MAINE



What's on **YOUR** plate?

**Q: How much sugar do you eat?**



**A:** If you eat like most Americans, you consume over 20 teaspoons of added sugar every single day, or 115 pounds a year. That's just what we get from processed food and drinks, without ever actually dipping a spoon in the sugar bowl. Current guidelines recommend no more than 6-9 teaspoons of added sugar a day. Want the same sweetness without the side effects? Get your sugar the natural way – from fresh fruit.

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, May 15

**Breakfast**

Benefit Bar or Yogurt & Cereal  
Bananas & Raisins, 1% White Milk or Nonfat Chocolate Milk

**Lunch**

Turkey Hot Dog on Wheat Apple Slices  
Black Beans, Sugar Peas, 1% White Milk or Nonfat

Tuesday, May 16

**Breakfast**

Benefit Bar or Yogurt & Cereal  
Juice & Raisins, 1% White Milk or Nonfat Chocolate Milk

**Lunch**

PB&J Uncrustable, Seasonal Fruit, Grape Tomatoes, Broccoli Buds, 1% White Milk or Nonfat Chocolate Milk

Wednesday, May 17

**Breakfast**

Benefit Bar or Yogurt & Cereal  
Orange Slices & Raisins, 1% White Milk or Nonfat Chocolate Milk

**Lunch**

Cheeseburger on Wheat, Fresh Pears, Baby Carrots & Tossed Salad, 1% White Milk or Nonfat Chocolate Milk

Thursday, May 18

**Breakfast**

Benefit Bar or Yogurt & Cereal  
Juice & Raisins, 1% White Milk or Nonfat Chocolate Milk

**Lunch**

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

Friday, May 19

**Breakfast**

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

**Lunch**

Pizza Day  
Local Kiwi Slices, Corn & Black Beans, Zucchini Sticks  
1% White Milk or Nonfat Chocolate Milk

Monday, May 22

**Breakfast**

Benefit Bar or Yogurt & Cereal  
Bananas & Raisins, 1% White Milk or Nonfat Chocolate Milk

**Lunch**

Turkey Hot Dog on Wheat Apple Slices  
Black Beans, Sugar Peas, 1% White Milk or Nonfat

Tuesday, May 23

**Breakfast**

Benefit Bar or Yogurt & Cereal  
Juice & Raisins, 1% White Milk or Nonfat Chocolate Milk

**Lunch**

PB&J Uncrustable, Seasonal Fruit, Grape Tomatoes, Broccoli Buds, 1% White Milk or Nonfat Chocolate Milk

Wednesday, May 24

**Breakfast**

Benefit Bar or Yogurt & Cereal  
Orange Slices & Raisins, 1% White Milk or Nonfat Chocolate Milk

**Lunch**

Cheeseburger on Wheat, Fresh Pears, Baby Carrots & Tossed Salad, 1% White Milk or Nonfat Chocolate Milk

Thursday, May 25

**Breakfast**

Benefit Bar or Yogurt & Cereal  
Juice & Raisins, 1% White Milk or Nonfat Chocolate Milk

**Lunch**

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

Friday, May 26

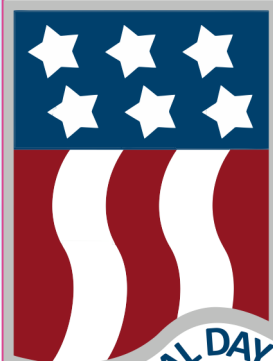
**Breakfast**

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

**Lunch**

Pizza Day  
Local Kiwi Slices, Corn & Black Beans, Zucchini Sticks  
1% White Milk or Nonfat Chocolate Milk

Monday, May 29



Tuesday, May 30

**Breakfast**  
**Breakfast**

Benefit Bar or Yogurt & Cereal  
Juice & Raisins, 1% White Milk or Nonfat Chocolate Milk

**Lunch**

PB&J Uncrustable, Seasonal Fruit, Grape Tomatoes, Broccoli Buds, 1% White Milk or Nonfat

Wednesday, May 31

**Breakfast**

Benefit Bar or Yogurt & Cereal  
Orange Slices & Raisins, 1% White Milk or Nonfat Chocolate Milk

**Lunch**

Cheeseburger on Wheat, Fresh Pears, Baby Carrots & Tossed Salad, 1% White Milk or Nonfat Chocolate Milk

Thursday, June 1

**Breakfast**

Benefit Bar or Yogurt & Cereal  
Juice & Raisins, 1% White Milk or Nonfat Chocolate Milk

**Lunch**

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

Friday, June 2

**Breakfast**

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

**Lunch**

Pizza Day  
Local Kiwi Slices, Corn & Black Beans, Zucchini Sticks  
1% White Milk or Nonfat Chocolate Milk