

Achieve Charter School Menus for November 2023



*This institution is an
equal opportunity
provider and employer.*

DON'T GET!

To make a lunch, choose at least one



or



and 3-5
items
total



PARADISE UNIFIED SCHOOL DISTRICT CHILD FOOD SERVICES

**DON'T FORGET TO
SET YOUR
CLOCKS BACK
1 HOUR**



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

Wednesday, November 1

**No School
Staff
Development
Day**

Thursday, November 2

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, November 3

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 BREAKFAST @
NO COST ALL YEAR LONG**

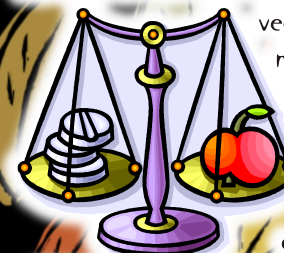
PARADISE UNIFIED SCHOOL DISTRICT FOOD SERVICES

BALANCING ACT.

Should kids take a vitamin pill every day? Fussy
eaters and kids who don't eat a lot of fruits,

veggies, and grains might
need a daily vitamin.

But kids who eat a
reasonably healthy
and balanced diet
probably don't need
one. Ask your doctor.



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

Monday, November 6

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, November 7

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, November 8

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, November 9

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, November 10

Thank You

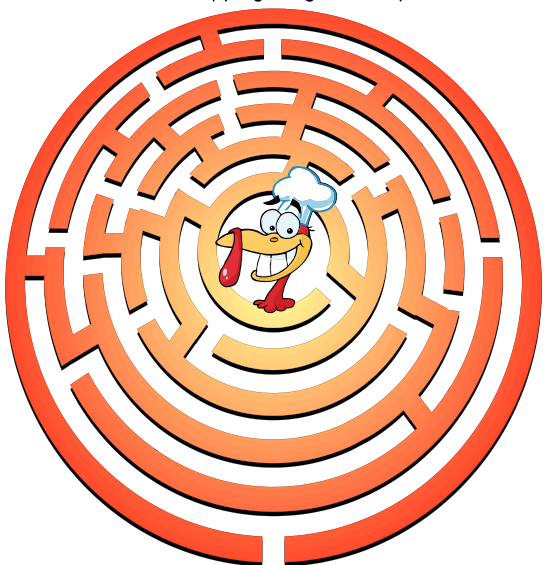


★ VETERANS' DAY ★
NOVEMBER 11



Center of Attention!

Turkey is the star attraction on many Thanksgiving tables -- and this tasty bird is a nutrition star, too! Three ounces of turkey breast (without skin) contains just 88 calories, 1½ grams of fat, almost no saturated fat, and a whopping 14 grams of protein!



It's worth searching for high-quality, nutritious food like turkey. Can you find your way to the smiling turkey at the center of the maze?

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

Monday, November 13

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, November 14

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, November 15

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, November 16

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, November 17

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



Break begins at the end of classes:

Friday, October 13

Classes Resume:

Monday, October 23

NUTRITION TO GO

Where's the fat hiding in a Thanksgiving meal? A cup of stuffing contains 18 grams of fat, 4 of which are saturated. That's a third of the recommended daily maximum for both, and some of us eat FAR more than a cup! Surprisingly, a cup of gravy contains only 3-5 grams of fat. A little dressing's fine for special meals, but try not to overdo it.

A QUICK BITE FOR PARENTS

Monday, November 27

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, November 28

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, November 29

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, November 30

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

Only 20 more school days 'til Winter Break!

