

Menus for February 2024

Achieve Charter School of Paradise



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



Thursday, February 1

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, February 2

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

TRUST YOUR HEART.



Your heart knows: WHAT TIME you eat matters. Eating a healthy meal early in the day is linked to a lower risk of heart attack, while eating late at night before bed is linked to an increased risk. Listen to your heart!

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

Monday, February 5

No School Today

Tuesday, February 6

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

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

Wednesday, February 7

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, February 8

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, February 9

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

2024

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The Chinese New Year begins with the new moon on February 10, 2024 is the Year of the Dragon.

YEAR OF THE DRAGON

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

JUDGE JANE

Jane Bolin was the first black woman to graduate from Yale Law School and the first black female judge ever in the United States. After her appointment in 1931, she remained the sole black female judge in the country for 20 years. After serving as a judge for nearly half a century, she retired and volunteered as a reading instructor in New York City public schools before her death at 98 years old in 2007.

AFRICAN AMERICAN HISTORY MONTH

Monday, February 12

Breakfast

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

Lunch

Pasta & Meat Sauce with Roll
Fresh Apples
Sugar Peas
Garbanzo Beans
Choice of 1% White or
Nonfat Chocolate Milk

Tuesday, February 13

Breakfast

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

Lunch

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

Wed., February 14

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, February 15

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, February 16



**No
School
Today**



Swans are one of the few animals that will mate for life!

Happy Valentine's Day!

Monday, February 19

Presidents' Day



No School Today

Tuesday, February 20

Breakfast

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

Lunch

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

Wed., February 21

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, February 22

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, February 23

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

NUTRITION TO GO

Winter is the season when the fresh orange crop is at its juicy peak -- and that's also when we can really use the color, flavor, and aroma of fresh oranges, tangerines, and clementines. Oranges (mainly in juice form) are easily the primary source of vitamin C for Americans, but choose whole fresh oranges for a good shot of fiber, too.

A QUICK BITE FOR PARENTS

Monday, February 26

Breakfast

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

Lunch

Pasta & Meat Sauce with Roll
Fresh Apples
Sugar Peas
Garbanzo Beans
Choice of 1% White or
Nonfat Chocolate Milk

Tuesday, February 27

Breakfast

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

Lunch

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

Wed., February 28

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, February 29

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

Floo Powder?

Harry Potter and his pals use magical FLOO Powder to move around their world, but in our world there's no magic cure for the FLU. But there are three ways you can help keep yourself and others healthy during flu season.



1 Wash your hands frequently.



2 Cover up when you sneeze or cough.



3 If you do get sick, stay home.