



**Achieve Charter School of Paradise**  
 This institution is an equal opportunity provider and employer.



**YOU'RE GOOD**   
**ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG**  
**PARADISE UNIFIED SCHOOL DISTRICT FOOD SERVICES**

**Monday, January 8**  
**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, January 9**  
**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, January 10**  
**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, January 11**  
**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, January 12**  
**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



  
**Pro Football playoffs start January 13.**  
**What team will wear the crown?**

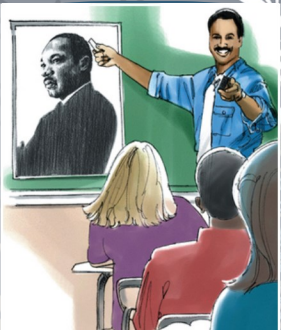
**Hey, You!**  
**Put that book down!**  
 The American Academy of Pediatrics recommends that kids get up and do something else for 10 minutes every hour when they're reading to avoid eye, neck, and brain fatigue!  
**January is National Book Month\***



\*Celebrated at different times by various organizations, so just read all year!

**NUTRITION TO GO**  
 Not too many decades ago, Chinese food was an exotic cuisine in most parts of America. Today, we spend over \$15 billion a year at more than 40,000 Chinese restaurants in the U.S. About half of the Chinese-born people who live in America have owned, operated, or worked in a Chinese restaurant at some point in their time here.  
**A QUICK BITE FOR PARENTS**

**GREAT STARTS.**   
 A fast start is so important. And what better way to start the New Year than by starting each NEW DAY with a healthy, complete breakfast? You'll have more energy, be more alert, and feel full through the morning!  
**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**



School will be closed Monday, January 15 in recognition of Martin Luther King, Jr.'s birthday.

Tuesday, January 16

**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, January 17

**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, January 18

**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

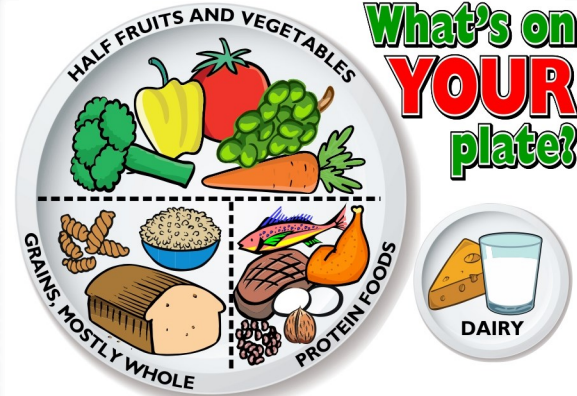
Friday, January 19

**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



Which of these prehistoric life forms is NOT extinct?

Monday, January 22

**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, January 23

**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, January 24

**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, January 25

**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, January 26

**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, January 29

**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, January 30

**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, January 31

**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

*The home stretch!*



Just a few more months to go in the school year! YOU CAN DO IT! And we want to help! While you concentrate on the finish line, we'll keep you fueled up with tasty, nutritious food!

STEGOMASTODON -- a six-ton elephant-like behemoth. MEGATHERIUM -- a four-ton giant ground sloth. And the AVOCADO?! The first two are extinct -- and the third probably should be. The avocado plant developed its large seed (it was even larger back then) because very big animals would eat the fruit whole in one gulp, seed and all, and help the plant spread to new areas. When most of the big mammals died off 10,000 or more years ago, the avocado should have disappeared with them -- birds and tiny mammals can't begin to swallow and disperse a seed that big! But somehow the wild avocado survived thousands of years until humans learned to cultivate the delicious fruit. And the avocado's future survival was guaranteed when man discovered the Super Bowl and started cranking out lots of guacamole every winter!!

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)