



Menus for October 2021

Paradise Jr. High School
Paradise Unified School District

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

Please See Reverse For Items Available Daily

Supply & demand.

We're trying to continue to operate as close to our pre-pandemic level as possible. But some of you probably work in local restaurants, so you know that food service businesses in general are facing unprecedented supply chain and labor challenges. And we're no different. Sometimes we may have to substitute an item at the last minute to give you the best, freshest options available that day. We thank all of you in advance for your on-going understanding of this situation!

School Meals
We serve education every day™

Scared Silly.



Why is it that many people love scary movies, haunted houses, and other spooky stuff? Fear is a primal emotion that supercharges our nervous systems. When we're in a situation where we know we were not truly in danger, we can experience the effects of fear – the rush of adrenaline and surge of endorphins – without risking any consequences, and even laugh ourselves silly about it!!



YOU NEVER KNOW WHAT YOU MIGHT RUN INTO OUT THERE!

STAY ALERT & BE SAFE!

YOU'RE GOOD™

ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

PARADISE UNIFIED SCHOOL DISTRICT FOOD SERVICES

NO BONES ABOUT IT.



Touch the tip of your nose – that's what bones feel like without calcium. Bones that don't get enough calcium are weaker and more likely to break. Good sources of calcium include milk, yogurt, cheese, and calcium-fortified cereal and orange juice.

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

Paradise Jr. High School October Menu

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Breakfast Pizza Squares or Cinnamon Roll Banana and Raisins	Cini Minis or Pancake & Sausage on a Stick 100% Fruit Juice & Raisins	Sausage & Pancake Sandwich or Yogurt Parfait Oranges & Raisins	Colby Cheese Omelet with Tots or Buttermilk Breakfast Bars 100% Fruit Juice & Raisins	Cinnamon Roll Donuts Fresh Fruit & Raisins
BREAKFAST AVAILABLE DAILY	Breakfast Items Offered Daily: Cereal & Yogurt Choice, CinniMinis, Bagel & Cream Cheese, 2.6 oz PB&J Uncrustables, Muffin Madness, Benefit Breakfast Bar Assortment & a Choice of 1% White Milk or Nonfat Chocolate Milk				
LUNCH AVAILABLE DAILY	Lunch Items Offered Daily: Spicy Chicken Sandwich, Hamburgers or Cheeseburgers with Tater Tots, Pizza Choice, Turkey Sandwich with Chips, Chicken Caesar Salad and Fruit & Yogurt Parfait Available with each meal: Fresh Fruit, Veggies, Water and a choice of 1% White Milk or Nonfat Chocolate Milk				
SPECIAL LUNCH OF THE DAY	Teriyaki Chicken over Noodles	Chicken Tenders with Tator Tots Made to Order Beef Soft Tacos	Turkey Corn Dog Made to Order Beef Soft Tacos	Chicken Tenders with Tator Tots	Asian Orange Chicken & Noodles Bowl
GARDEN BAR	Apples, Oranges & Bananas Green Leaf Lettuce Tomato Slices & Carrots, Onion, Pickles & Jalapenos	Seasonal Fresh Fruit Green Leaf Lettuce Tomato Slices & Carrots, Onion, Pickles & Jalapenos	Apples, Oranges & Bananas Green Leaf Lettuce Tomato Slices & Carrots, Onion, Pickles & Jalapenos	Seasonal Fresh Fruit Green Leaf Lettuce Tomato Slices & Carrots, Onion, Pickles & Jalapenos Black Bean, Corn & Salsa	Apples, Oranges & Bananas Green Leaf Lettuce Tomato Slices & Carrots, Onion, Pickles & Jalapenos

All meals include milk, fruit and veggies. Each meal is no charge to all students. Come Join Us!