



Placentia-Yorba Linda Unified School District

Supper Menu

January 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	3 SunButter & Jelly Sandwich w/String Cheese Fruit & Veggies Milk	4 Asian Chicken Salad Fruit Milk	5 Italian Deli Wrap Goldfish Fruit & Veggies Milk	6 “Make Your Own” Turkey & Cheese Pack Fruit & Veggies Milk
9 Sunflower Seeds String Cheese Sunrise Crackers Fruit & Veggies	10 Turkey & Cheese Hoagie Sandwich Baked Chips Fruit & Veggies Milk	11 Chicken Ranch Salad & Tortilla Chips Fruit Milk	12 Cheese Cubes & Crackers Cookie Fruit & Veggies Milk	13 “Make Your Own” Pizza Pack Fruit & Veggies Milk
	17 Yogurt, String Cheese & Granola All Sport Crackers Fruit & Veggies Milk	16 Chicken Caesar Salad & Croutons Fruit Milk	19 Italian Deli Wrap Goldfish Fruit & Veggies Milk	20 “Make Your Own” Turkey & Cheese Pack Fruit & Veggies Milk
23 Sunflower Seeds String Cheese Sunrise Crackers Fruit & Veggies Milk	24 Turkey & Cheese Hoagie Sandwich Baked Chips Fruit & Veggies Milk	25 Asian Chicken Salad Fruit Milk	26 Cheese Cubes & Crackers Cookie Fruit & Veggies Milk	27 “Make Your Own” Pizza Pack Fruit & Veggies, Milk (No Middle /High School)
30 Yogurt, String Cheese & Granola All Sport Crackers Fruit & Veggies Milk	31 SunButter & Jelly Sandwich w/String Cheese Fruit & Veggies Milk	Feb 1 Chicken Ranch Salad & Tortilla Chips Fruit Milk	2 Italian Deli Wrap Goldfish Fruit & Veggies Milk	3 “Make Your Own” Turkey & Cheese Pack Fruit & Veggies Milk

Each Day you Get
Fruits & Vegetables

Why?

Fiber: To Keep you full
Vitamins: Hair, Skin, Nails
Minerals: Bones, Teeth
Lowfat: Keeps you Healthy
Energy: Keeps you Active



**Its not Nutrition
“Til....you eat it!**

Going Green!
Menus



Click to sign up to have your menus emailed automatically

This institution is an equal opportunity provider—Menus Subject to Change

Food and nutrition

D	W	E	L	S	M	S	E	D	T	S	D	F	Y
I	A	W	A	T	E	C	X	I	B	E	R	E	T
S	T	E	T	N	U	A	C	G	F	R	U	I	T
L	E	L	S	E	S	R	R	E	E	A	E	S	S
A	R	B	N	I	E	B	E	S	T	W	G	A	T
R	N	A	I	R	M	O	T	T	A	A	F	L	D
E	I	T	M	T	U	H	I	I	F	R	O	S	A
N	E	E	A	U	G	Y	O	O	S	M	O	O	U
I	T	G	T	N	E	D	N	N	G	T	D	D	E
M	O	E	I	O	L	R	E	B	G	H	I	A	G
N	R	V	V	A	O	A	S	T	O	M	G	C	G
A	P	I	I	L	E	T	T	U	C	E	O	O	S
I	R	M	Y	M	B	E	V	B	G	A	D	V	A
D	I	E	T	A	R	Y	F	I	B	R	E	A	R

CARBOHYDRATE
BREAD
MINERALS
FOOD
NUTRIENTS
FAT
AVOCADO
DIETARY FIBRE
VEGETABLE
LETTUCE
DIGESTION
EXCRETION
WATER
VITAMINS
LEGUMES
EGGS
WARMTH
PROTEIN
FRUIT

EVERY STUDENT HAS A PIN....

Even if you do not eat in the Cafeteria,
YOU have a special PIN.
It is special for every
student.

What is your Meal PIN?

HINT: It is the same as
your computer number.

(write your PIN here)

Learn your PIN and get through the
Lunch Line Faster.

Play this puzzle online at : <http://thewordsearch.com/puzzle/896/>