






# Placentia-Yorba Linda Unified School District Elementary Breakfast Menu April 2017



= PYLUSD  
Recipe

Prices & Ala Carte	
Student Breakfast.....	\$1.50
Milk.....	\$0.50
Capri Sun (100% Juice).....	\$0.50
<p>⌘ = Contains Pork            √ = Meatless Entree</p>	

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Daily Breakfast Entrée Option: Cereal &amp; Cheese Stick</b>				
<b>3</b> Mini Chocolate Chip Pancakes √ <b>Fruit &amp; Juice</b> Milk	<b>4</b> Egg, Sausage & Cheese Breakfast Burrito ⌘ <b>Fruit &amp; Juice</b> Milk	<b>5</b> Pan Dulce √ <b>Fruit &amp; Juice</b> Milk	<b>6</b> Sunny Side Up Sandwich (Egg, Turkey- Ham & Cheese) <b>Fruit &amp; Juice</b> Milk	<b>7</b> Mini-WG Powdered Donuts √ <b>Fruit &amp; Juice</b> Milk
				
<b>17</b> Warm Bagel w/Cream Cheese √ <b>Fruit &amp; Juice</b> Milk	<b>18</b> Pancake Wrap ⌘ <b>Fruit &amp; Juice</b> Milk	<b>19</b> Chorizo & Egg Burrito ⌘ <b>Fruit &amp; Juice</b> Milk	<b>20</b> Apple Muffin Square √ <b>Fruit &amp; Juice</b> Milk	<b>21</b> Ham & Cheese Croissant ⌘ <b>Fruit &amp; Juice</b> Milk
<b>24</b> Glazed French Toast √ <b>Fruit &amp; Juice</b> Milk	<b>25</b> Breakfast Cheese Pizza Bagel √ <b>Fruit &amp; Juice</b> Milk	<b>26</b> Pan Dulce √ <b>Fruit &amp; Juice</b> Milk	<b>27</b> Bean & Cheese Breakfast Burrito √ <b>Fruit &amp; Juice</b> Milk	<b>28</b> Cinnamon & Cream Glazed Roll √ <b>Fruit &amp; Juice</b> Milk

## Breakfast is Important

**Breakfast** is often described as the most **important** meal of the day, and rightfully so -- it not only provides **important** daily nutrients such as protein, fiber, calcium and carbohydrates, but it also helps improve school performance, allowing **students** to do better on tests.



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



[www.pylusdnutrition.org](http://www.pylusdnutrition.org)

## Chef Solus Breakfast Crossword Puzzle



### Across

- 5 The small meal after breakfast and before lunch  
 8 Belgium \_\_\_\_\_ with strawberries  
 11 This meal helps you do great in school  
 12 This fruit juice has vitamin C  
 14 Put cream cheese or peanut butter on this  
 15 Ome\_\_\_\_\_ with mushrooms and cheese

### Down

- 1 French \_\_\_\_\_ or pancakes  
 2 This taste great with whole grain cereal  
 3 This comes from a cow but its not white  
 4 Home fries or hash \_\_\_\_\_  
 6 Some kids like to eat this without milk.  
 7 Bananas, strawberries and yogurt mixed together to make a \_\_\_\_\_  
 9 Mickey Mouse shaped \_\_\_\_\_ with eggs  
 10 Eat this warm with milk, raisins, and brown sugar.  
 13 Scrambled, poached and fried \_\_\_\_\_

## 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.

