



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



= PYLUSD  
Recipe

Prices & Ala Carte	
Student Breakfast.....	\$1.50
Milk.....	\$0.50
Capri Sun (100% Juice).....	\$0.50

⌘ = Contains Pork  
 ♯ = Meatless Entree

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Daily Breakfast Entrée Option: Cereal &amp; Cheese Stick</b>				
<b>1</b> Sunrise Sandwich (Sausage & Cheese) ⌘ <b>Fruit &amp; Juice</b> <b>Milk</b>	<b>2</b> Mini-Blueberry Waffles ♯ <b>Fruit &amp; Juice</b> <b>Milk</b>	<b>3</b> Warm Bagel w/Cream Cheese ♯ <b>Fruit &amp; Juice</b> <b>Milk</b>	<b>4</b> Mini-Apple Breakfast Bites ♯ <b>Fruit &amp; Juice</b> <b>Milk</b>	<b>Cinco de Mayo</b> Egg, Sausage & Cheese Breakfast Burrito ⌘ <b>Fruit &amp; Juice</b> <b>Milk</b>
<b>8</b> Sunny Side Up Sandwich (Egg, Turkey- Ham & Cheese) <b>Fruit &amp; Juice</b> <b>Milk</b>	<b>9</b> Strawberry Mini-Pancakes ♯ <b>Fruit &amp; Juice</b> <b>Milk</b>	<b>NEW 10</b> Egg, Sausage & Cheese Breakfast Pizza <b>Fruit &amp; Juice</b> <b>Milk</b>	<b>11</b> Blueberry Muffin Square ♯ <b>Fruit &amp; Juice</b> <b>Milk</b>	<b>12</b> Bean & Cheese Breakfast Burrito ♯ <b>Fruit &amp; Juice</b> <b>Milk</b>
<b>15</b> Banana Pancakes ♯ <b>Fruit &amp; Juice</b> <b>Milk</b>	<b>16</b> Chorizo & Egg Burrito ⌘ <b>Fruit &amp; Juice</b> <b>Milk</b>	<b>17</b> Mini Whole Grain Powdered Donuts ♯ <b>Fruit &amp; Juice</b> <b>Milk</b>	<b>NEW 18</b> Sausage, Egg & Cheese- Breakfast Sliders-⌘ <b>Fruit &amp; Juice</b> <b>Milk</b>	<b>19</b> Cinnamon & Cream Glazed Roll ♯ <b>Fruit &amp; Juice</b> <b>Milk</b>
<b>22</b> Pancake Wrap ⌘ <b>Fruit &amp; Juice</b> <b>Milk</b>	<b>23</b> Pan Dulce ♯ <b>Fruit &amp; Juice</b> <b>Milk</b>	<b>24</b> Ham & Cheese Croissant ⌘ <b>Fruit &amp; Juice</b> <b>Milk</b>	<b>25</b> Apple Muffin Square ♯ <b>Fruit &amp; Juice</b> <b>Milk</b>	<b>26</b> Breakfast Cheese Pizza Bagel ♯ <b>Fruit &amp; Juice</b> <b>Milk</b>
<b>29</b> Memorial Day <b>No School</b>	<b>30</b> Glazed French Toast ♯ <b>Fruit &amp; Juice</b> <b>Milk</b>	<b>NEW 31</b> Yogurt & House Made Granola <b>Fruit &amp; Juice</b> <b>Milk</b>	<b>1</b> Warm Bagel w/Cream Cheese ♯ <b>Fruit &amp; Juice</b> <b>Milk</b>	<b>2</b> Sunrise Sandwich (Sausage & Cheese) ⌘ <b>Fruit &amp; Juice</b> <b>Milk</b>

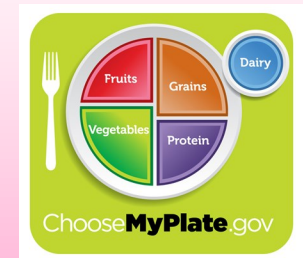
## MY PLATE

MyPlate is a reminder to find your healthy eating style and build it throughout your life-time. :

- Focus on variety, amount, and nutrition.
- Choose foods and beverages with less saturated fat, sodium, and added sugars.
- Support healthy eating for everyone.

Eating healthy is a journey .

Visit  
[www.choosemyplate.gov](http://www.choosemyplate.gov)  
 For more resources



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

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

# MyPlate Maze

and help her find foods from each food group on the way to

MyPlate for Kids.

Choose MyPlate.gov

Adapted from  
Team Up At Home Team Nutrition Activity Book



## 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.

