Placentia-Yorba Linda Unified School District Elementary Lunch Menu

-DAILY CHOICES-ENTRÉE SALAD -OR-SUNBUTTER SANDWICH W/





Prices & Ala Carte	
Student Lunch w/ Milk	.\$2.75
Adult Lunch	.\$3.75
Milk	.\$0.50
Capri Sun (100% Juice)	.\$0.50

 $\gamma = Meatless Entree$ ∞= Contains Pork

Entrée Salad of the Week	Monday	Tuesday	Wednesday	Thursday	Friday	
Chicken Ranch Salad w/Tortilla Chips	BBQ Rib Sandwich Golden Corn	Personal Round Cheese Pizza Υ	3 Chicken Alfredo w/Rotini Pasta	4 Grilled Cheese Sandwich Y Choc Elf Grahams	Cinco de Mayo Chicken Taquitos w/Refried Beans Spanish Cookie	
Asian Chicken Salad w/Crispy Noodles	8 Chicken Patty Sandwich On a WG Bun Baked Cheetos	9 Pepperoni & Cheese Stuffed Sticks &	10 Corn Dog w/Tater Tots	11 Bean & Cheese Burrito Υ Nacho Doritos	12 Teriyaki Chicken Over Brown Rice Fortune Cookie	
Chicken Caesar Salad & Croutons	15 <u>Breakfast for Lunch</u> French Toast Sticks Turkey Sausages	16 Personal Round Cheese Pizza Υ	17 Chicken Nuggets w/Tater Tots	18 Double Dogs Scooby Graham Snack	19 Rotini Pasta w/Meatballs & Marinara Garlic Bread	
Chicken Ranch Salad w/Tortilla Chips	22 Creamy Mac & Cheese Y	Pepperoni & Cheese Stuffed Sticks &	24 Orange Chicken Over Brown Rice Fortune Cookie	25 Cheeseburger Seasoned Potato Wedges	26 Nachos w/Seasoned Taco Meat & Refried Beans	
Asian Chicken Salad w/Crispy Noodles	29 Memorial Day No School	30 Personal Round Cheese Pizza Υ	31 Chili Cheese w/Potato Wedges	I Grilled Cheese Sandwich Y Choc Elf Grahams	Chicken Soft Tacos Seasoned Corn	

MY PLATE

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

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

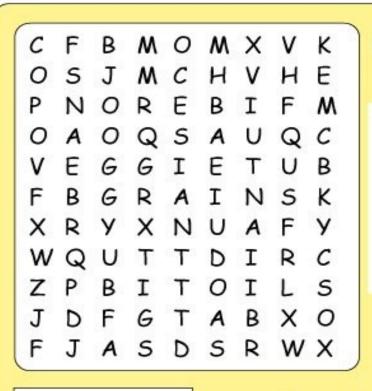
Eating healthy is a journey .

Visit www.choosemyplate.gov





Chef Solus Food Group Word search Puzzle!





GRAINS **OILS** FRUITS FIBER DAIRY MEATS BEANS VEGGIE

The Food Groups

For more fun nutrition games



Visit www.ChefSolus.com for Free online nutrition games, healthy interactive tools, food group worksheets and activities, recipes and tips! Copyright @ Nourish Interactive, All Rights Reserved

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.

