











Placentia-Yorba Linda Unified School District Supper Menu May 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Sunflower Seeds String Cheese Sunrise Crackers Fruit & Veggies Milk</p>	<p>2 Turkey & Cheese Hoagie Sandwich Goldfish Crackers Fruit & Veggies Milk</p>	<p>3 Chicken Ranch Salad Tortilla Chips Choc Bear Grahams Fruit Milk</p>	<p>4 Lil Caesars Cheese Pizza Fruit & Veggies Milk</p> 	<p> Cinco de Mayo Fiesta Dip w/ Tortilla chips Fruit & Veggies Milk</p> 
<p>8 Yogurt, String Cheese & Granola All Sport Crackers Fruit & Veggies Milk</p>	<p>9 Sun Butter & Jelly Sandwich w/String Cheese Fruit & Veggies</p>	<p>10 Asian Chicken Salad Tropical Grahams Fruit Milk</p>	<p>11 Italian Deli Wrap Goldfish Fruit & Veggies Milk</p>	<p>12 Lil Caesars Cheese Pizza Fruit & Veggies Milk</p> 
<p>15 Sunflower Seeds String Cheese Sunrise Crackers Fruit & Veggies Milk</p>	<p>16 Turkey & Cheese Hoagie Sandwich Baked Chips Fruit & Veggies Milk</p>	<p>17 Chicken Caesar Salad & Croutons Choc Bear Graham Fruit Milk</p>	<p>18 Cheese Stick, Turkey Snack Stick & Savory Crackers Fruit & Veggies Milk</p>	<p>19 Lil Caesars Cheese Pizza Fruit & Veggies Milk</p> 
<p>22 Yogurt, String Cheese & Granola All Sport Crackers Fruit & Veggies Milk</p>	<p>23 Sun Butter & Jelly Sandwich w/String Cheese Fruit & Veggies</p>	<p>24 Chicken Ranch Salad Tortilla Chips Fruit Milk</p>	<p>25 Italian Deli Wrap Goldfish Fruit & Veggies Milk</p>	<p>26 Lil Caesars Cheese Pizza Fruit & Veggies Milk</p> 
	<p>30 Sunflower Seeds String Cheese Sunrise Crackers Fruit & Veggies Milk</p>	<p>31 Asian Chicken Salad Tropical Grahams Fruit Milk</p>	<p>1 Cheese Stick, Turkey Snack Stick & Savory Crackers Fruit & Veggies Milk</p>	<p>2 Lil Caesars Cheese Pizza Fruit & Veggies Milk</p> 

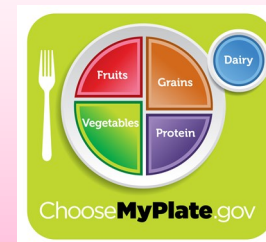
MY PLATE

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
For more resources



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

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.



Chef Solus Dinner Word Search

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

DINNER **SOUP** **MILK** **FAMILY**
VEGETABLES **STEAK** **WATER** **MY PLATE**
BROCCOLI **CHICKEN** **APPLE SAUCE** **FRUIT COCKTAIL**
SPINACH **FISH** **WHOLE GRAINS** **BANANA BREAD**
SALAD **HAMBURGER** **PLACE MAT** **QUINOA**

More Nutrition Fun www.ChefSolus.com
 Copyright © Nourish Interactives, All Rights Reserved