

Placentia-Yorba Linda Unified School District Elementary Lunch Menu January 2018

-DAILY CHOICES-
ENTRÉE SALAD -OR-
BRUNCH-A-MUNCH
**SUNBUTTER SANDWICH W/
CHEESE & CRACKERS**
















= PYLUSD RECIPE

Prices & à la carte

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

☯ = Meatless Entree
☯ = Contains Pork

Entrée Salad of the Week	Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Ranch Salad w/Tortilla Chips	8 Grilled Cheese Sandwich ☯ Choc Elf Grahams	9 Cheeseburger Sun Chips 	10 Pepperoni & Cheese Stuffed Sticks ☯	11 Chicken Soft Tacos w/ Seasoned Corn 	12 Chicken Alfredo w/ Pasta Garlic Bread 
Chicken Caesar Salad & Croutons	No School 	16 Cheese Pizza Slice ☯ 	17 Breakfast for Lunch French Toast Sticks Beef Sausage	18 Chicken Tenders w/ Golden Corn Dinner Roll	19 Orange Chicken Over Brown Rice Fortune Cookie 
Asian Chicken Salad w/Crispy Noodles	22 BBQ Rib Sandwich Baked Beans	23 Pepperoni & Cheese Stuffed Stick ☯	24 Chili w/Cheese Over Potato Wedges Cornbread Star 	25 Double Dogs Scooby Graham Snack 	26 Pasta w/Meat sauce Garlic Bread 
Chicken Ranch Salad w/Tortilla Chips	29 Chicken & Waffles 	30 Cheese Pizza Slice ☯ 	31 Chicken Patty Sandwich Baked Cheetos 	1 Creamy ☯ Mac & Cheese & Seasoned Veggies	2 Home style Beef Patty w/ Cheesy Potatoes Dinner Roll 

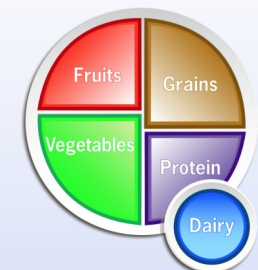
Start your New Year

MY PLATE

My Plate 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



All Meals are Served with choice of Fruit, Vegetable, and Milk

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



www.pylusdnutrition.org

New Years Word search



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

RESOLUTION	VEGETABLE	DETERMINATION
GOALS	LOW FAT	POSITIVE
NEW YEAR	HEALTHY	MOTIVATION
ACTIVE	SUCCESS	HAPPY
FRUITS	CELEBRATE	COMMITMENT

Visit www.ChefSolus.com for free kids nutrition games, interactive word puzzles and fun healthy cooking activities
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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