

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

# Placentia-Yorba Linda Unified School District Elementary Lunch Menu February 2018



= PYLUSD RECIPE

Prices & Ala 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	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
Chicken Caesar Salad & Croutons	5 Grilled Cheese Sandwich ∇ Choc Elf Grahams	6 Cheeseburger Sun Chips 	7 Chicken Soft Tacos w/ Seasoned Corn 	8 Cheese Pizza Slice ∇ 	9 Chicken Alfredo w/ Pasta Garlic Bread 
Asian Chicken Salad w/Crispy Noodles	12 Lincolns Birthday  <b>NO SCHOOL</b>	13 Pepperoni & Cheese Stuffed Sticks	14 Heart Shaped Chicken Nuggets w/Seasoned Potatoes Valentine Cookie 	15 Nachos w/Seasoned Taco Meat & Refried Beans	16 Bean & Cheese Burrito ∇ Nacho Doritos
Chicken Ranch Salad w/Tortilla Chips	19 <b>PRESIDENTS HOLIDAY</b> <b>NO SCHOOL</b> 	20 Mini Corn Dogs w/ Seasoned Potatoes Fries	21 Cheese Pizza Slice ∇ 	22 Chicken Tenders w/ Golden Corn President's Cookie Washington Birthday 	23 Orange Chicken Over Brown Rice Fortune Cookie 
Chicken Caesar Salad & Croutons	26 BBQ Rib Sandwich Baked Beans 	27 Pepperoni & Cheese Stuffed Sticks ⊗	28 Chili Beans w/Cheese Over Potato Wedges Cornbread Star 	1 Double Dogs Scooby Graham Snack 	2 Dr.Seuss' Birthday ABC-123 Nuggets Oven Baked Potatoes 

**What's in Season?**  
Brussel Sprouts!  
Have you tried them?



### Garlic Roasted Sprouts

- 1 lb fresh brussel sprouts
- 6 tsp extra virgin olive oil
- 5 cloves garlic, peeled
- Salt and pepper to taste
- 1 Tbsp balsamic vinegar

- Heat oven to 400 degrees. Trim bottom of brussels sprouts, and slice each in half top to bottom. Heat oil in cast-iron pan over medium-high heat until it shimmers; put sprouts cut side down in one layer in pan. Put in garlic, and sprinkle with salt and pepper.
- Cook, undisturbed, until sprouts begin to brown on bottom, and transfer to oven. Roast, shaking pan every 5 minutes, until sprouts are quite brown and tender, about 10 to 20 minutes.
- Taste, and add more salt and pepper if necessary. Stir in balsamic vinegar, and serve hot or warm.

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

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



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Chef Solus Valentine's Day Healthy Heart Word Search Puzzle!



APPLES  
FIBER  
BEANS  
HEART  
VALENTINE

LOWFAT  
EXERCISE  
VEGETABLES  
LEGUMES  
SEEDS

NUTS  
HEALTHY  
AEROBICS  
NUTRITION  
ACTIVE



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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 through the Lunch Line Faster.

