

Placentia-Yorba Linda Unified School District Elementary Lunch Menu May 2017




-DAILY CHOICES-
ENTRÉE SALAD -OR-
BRUNCH-A-MUNCH
SUNBUTTER SANDWICH W/



= 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 Entrée
⊗ = Contains Pork

Entrée Salad of the Week	Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Ranch Salad w/Tortilla Chips	1 BBQ Rib Sandwich Golden Corn 	2 Personal Round Cheese Pizza ∇ 	3 Chicken Alfredo w/Rotini Pasta 	4 Grilled Cheese Sandwich ∇ 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 ∇ Nacho Doritos	12 Teriyaki Chicken Over Brown Rice Fortune Cookie 
Chicken Caesar Salad & Croutons	15 Breakfast for Lunch French Toast Sticks Turkey Sausages	16 Personal Round Cheese Pizza ∇	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 ∇	23 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 ∇	31 Chili Cheese w/Potato Wedges 	1 Grilled Cheese Sandwich ∇ Choc Elf Grahams 	2 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



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

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



www.pylusdnutrition.org

Chef Solus Food Group Word search Puzzle!

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



GRAINS
OILS
FRUITS
FIBER
DAIRY
MEATS
BEANS
VEGGIE

The Food Groups

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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.

