

# Placentia-Yorba Linda Unified School District Elementary Lunch Menu February 2017

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



= 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 & Tortilla Chips	30 BBQ Beef Rib Sandwich Sweet Cornbread Star	31 Pepperoni & Cheese Stuffed Sticks ⌘	Feb-1 Rotini Pasta w/Meatballs & Marinara Brownie Cup	2 Chicken Nuggets w/Oven Baked Fries	3 Chicken Soft Taco w/Refried Beans
Asian Chicken Salad w/Crispy Noodles	6 Grilled Cheese Sandwich ∇ Cherry Pie Pocket 	7 <b>Breakfast for Lunch</b> French Toast Sticks Turkey Sausage 	8 National Potato Lovers Day Chili & Cheese over Baked Potato Wedges Cornbread 	9 Pepperoni & Cheese Stuffed Sticks ⌘ 	10 Chicken Patty Sandwich On a WG Bun
Chicken Caesar Salad & Croutons	13 <b>No School Lincoln's Birthday</b> 	14 <b>Valentine's Day</b> Heart Shaped Nuggets Oven Baked Fries	15 Personal Round Cheese Pizza ∇	16 Teriyaki Chicken Over Brown Rice Fortune Cookie 	17 <b>Happy Feb B-Day</b> Cheeseburger Golden Corn Birthday Cupcake 
Chicken Ranch Salad & Tortilla Chips	20 <b>No School Washington's Birthday</b> 	21 Bean & Cheese Burrito w/Nacho Cheese Chips	22 Pepperoni & Cheese Stuffed Sticks ⌘ 	23 Jumbo Corndog w/Baked Beans	24 Popcorn Chicken w/Wedge Fries Mini Biscuit
Asian Chicken Salad w/Crispy Noodles	27 <b>National Strawberry Day</b> Creamy Mac & Cheese ∇ Strawberry Cup 	28 Personal Round Cheese Pizza ∇ 	<b>Strawberry Milk</b> Nonfat Strawberry Milk will be available for the month of February 		

**Strawberries**

- One cup of strawberries contains over 13% of the RDA of dietary fiber.
- Rich in Vitamin C, antioxidants, folate, and flavonoids that defend against potentially cancerous cells.
- Help keep digestion regular and fight high blood pressure.
- Combat many inflammatory disorders, such as osteoarthritis, asthma and atherosclerosis.
- One cup of strawberries contains 21% of manganese, which is great for bone health.

**Going Green! Menus**

*Click to sign up to have your menus emailed automatically.*

[www.pylusdnutrition.org](http://www.pylusdnutrition.org)

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

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

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



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



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.

