

**-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 NO SCHOOL	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 PRESIDENTS HOLIDAY NO SCHOOL 	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.

