


Pearl Preparatory School

May 2017 Lunch Menu

Milk Offered Daily with Lunch; 1% Unflavored 120 cal, CHO 14g & Non-Fat Flavored 120 cal, CHO 22g

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Grilled Cheese Sandwich 270 cal, 2 oz. m/a, 2 1/4 g/b, CHO 32g</p> <p>Vegetable Soup 25 cal, 1/4c. v, CHO 4g</p> <p>Cooked Spinach 19 cal, 1/4c. v, CHO 4g</p> <p>Mixed Fruit 60 cal, 1/2c. f, CHO 17g</p> <p>534 cal</p>	<p>2</p> <p>Breakfast Tuesday WG Pancakes w/Syrup 230 cal, 2 g/b, CHO 40g</p> <p>Hard Boiled Egg (Pasteurized) 70 cal, 1 oz. m/a, CHO 1g</p> <p>Sausage Patty 60 cal, 1 oz. m/a, CHO 1g</p> <p>Peas & Corn 64 cal, 1/2c. v, CHO 14g</p> <p>Farm Fresh Orange Wedges 62 cal, 1/2c. f, CHO 15g</p> <p>707 cal</p>	<p>3</p> <p>Soft Chicken Fajita Cheese Taco w/Salsa 214 cal, 1 g/b, 2 oz. m/a, 1/4c. v, CHO 31g</p> <p>Spanish Rice 69 cal, 1/2 g/b, 1/8c. v CHO 14g</p> <p>Black Beans 57 cal, 1/4c. v, CHO 11g</p> <p>Sliced Apples 34 cal, 1/2c. f, CHO 8g</p> <p>529 cal</p>	<p>4</p> <p>Pizza Thursday WG Cheese Stuffed Pizza Sticks 320 cal, 2 g/b, 2 oz. m/a, CHO 34g</p> <p>Marinara Sauce 80 cal, 1/2c. v, CHO 10g</p> <p>Bunny Luv Carrots w/Ranch Dressing 70 cal, 1/2c. v, CHO 4g</p> <p>Banana 105 cal, 1/2c. f, CHO 27g</p> <p>730 cal</p>	<p>5</p> <p>WG Bean & Cheese Pupusa 320 cal, 2 g/b, 1.25 oz. m/a, CHO 35g</p> <p>Salsa 52 cal, 1/2c. v, CHO 16g</p> <p>100% Fruit Punch Juice 60 cal, 1/2c. f, CHO 13g</p> <p>587 cal</p>
<p>8</p> <p>WG Cheese Enchilada 345 cal, 2 oz. m/a, 2 g/b, 1/2c. v, CHO 36g</p> <p>Spanish Rice 69 cal, 1/8c. v, 1/2 g/b, CHO 14g</p> <p>Black Beans 109 cal, 1/2c. v, CHO 20g</p> <p>Diced Apricots 61 cal, 1/2c. f, CHO 16g</p> <p>739 cal</p>	<p>9</p> <p>Breakfast Tuesday WG Cinnamon Glaze French Toast 230 cal, 2 g/b, 1 oz. m/a, CHO 31g</p> <p>Grilled Egg Patty 45 cal, 1 oz. m/a, CHO 1g</p> <p>Ham Steak 60 cal, 1 oz. m/a, CHO 1g</p> <p>Sliced Cucumber w/Tajin 18 cal, 1/2c. v, CHO 4g</p> <p>Diced Pears 60 cal, 1/2c. f, CHO 16g</p> <p>605 cal</p>	<p>10</p> <p>Orange Chicken 150 cal, 2 m/a, CHO 19g</p> <p>Brown Rice 138 cal, 1g/b. v, CHO 28g</p> <p>Cooked Broccoli 26 cal, 1/2c. v, CHO 5g</p> <p>Farm Fresh Orange Wedges 62 cal, 1/2c. f, CHO 15g</p> <p>531 cal</p>	<p>11</p> <p>Pizza Thursday Galaxy Pepperoni Pizza 290 cal, 2 oz. m/a, 2 g/b, 1/8c. v, CHO 37g</p> <p>Baked Tostitos Scoops 120 cal, 1 g/b, CHO 22g</p> <p>Salsa 33 cal, 3/8c. v, CHO 9g</p> <p>Sliced Apples 34 cal, 1/2c. f, CHO 8g</p> <p>632 cal</p>	<p>12</p> <p>WG Spaghetti w/Meat Sauce 322 cal, 2 m/a, 3/8c. v, CHO 34g</p> <p>Three Cheese Breadstix 130 cal, 1 1/2 g/b, CHO 23g</p> <p>Cooked Spinach 32 cal, 1/2c. v, CHO 5g</p> <p>Harvest of The Month Farm Fresh Strawberries 24 cal, 1/2c. f, CHO 6g</p> <p>705 cal</p>
<p>15</p> <p>WG Fish Treasures 4 Pcs. 190 cal, 2 oz. m/a, 1 1/4 g/b CHO 17g</p> <p>WG Dinner Roll 90 cal, 1g/b, CHO 16g</p> <p>Potato Smiles 140 cal, 1/2c. v, CHO 23g</p> <p>Red Applesauce 51 cal, 1/2c. f, CHO 16g</p> <p>626 cal</p>	<p>16</p> <p>Breakfast Tuesday WG Pancake & Sausage on a Stick 202 cal, 1 oz. m/a, 1.5 g/b, CHO 25g</p> <p>Hard Boiled Egg (Pasteurized) 70 cal, 1 oz. m/a, CHO 1g</p> <p>Jicama w/Tajin 26 cal, 1/2c. v, CHO 11g</p> <p>SideKick 100% Juice 80 cal, 1/2c. f, CHO 20g</p> <p>533 cal</p>	<p>17</p> <p>WG Hot Dog w/Ketchup & Mustard Packet 300 cal, 2 oz. m/a, 2 g/b, CHO 31g</p> <p>Vegetarian Beans 60 cal, 1/2c. v, CHO 14g</p> <p>Jello Pear Fruit Cup 72 cal, 1/2c. f, CHO 19g</p> <p>630 cal</p>	<p>18</p> <p>Pizza Thursday Breakfast Pizza 400 cal, 2 oz. m/a, 3 g/b, CHO 48g</p> <p>Cooked Broccoli 48 cal, 1/2c. v, CHO 6g</p> <p>Diced Apricots 61 cal, 1/2c. f, CHO 16g</p> <p>603 cal</p>	<p>19</p> <p>WG Chili Verde Pork Quesadilla w/Taco Sauce Packet 290 cal, 2 oz. m/a, 2 g/b, CHO 30g</p> <p>Bunny Luv Carrots w/Ranch Dressing 70 cal, 1/2c. v, CHO 4g</p> <p>100% Fruit Punch Juice 56 cal, 1/2c. f, CHO 13g</p> <p>561 cal</p>
<p>22</p> <p>WG Bean & Cheese Tamale 347 cal, 2 g/b, 2 oz. m/a, CHO 56g</p> <p>Spanish Rice 69 cal, 1/8c. v, 1/2 g/b, CHO 14g</p> <p>Cooked Spinach 38 cal, 1/2c. v, CHO 8g</p> <p>Diced Apricots 60 cal, 1/2c. f, CHO 16g</p> <p>669 cal</p>	<p>23</p> <p>Breakfast Tuesday WG Sweet Potato Square 280 cal, 2 g/b, CHO 43g</p> <p>Grilled Egg Patty 45 cal, 1 oz. m/a, CHO 1g</p> <p>Sausage Patty 60 cal, 1 oz. m/a, CHO 1g</p> <p>Whole Kernel Corn 66 cal, 1/2c. v, CHO 16g</p> <p>Fuji Apple 80 cal, 1/2c. f, CHO 22g</p> <p>661 cal</p>	<p>24</p> <p>Chili Con Carne & Beans 180 cal, 2 oz. m/a, 3/8c. v, CHO 11g</p> <p>WG Dinner Roll 90 cal, 1g/b, CHO 16g</p> <p>Cooked Broccoli 26 cal, 1/2c. v, CHO 5g</p> <p>Diced Pears 72 cal, 1/2c. f, CHO 19g</p> <p>512 cal</p>	<p>25</p> <p>Manaaer's Special Pizza Thursday Bella Rosa Cheese Pizza 410 cal, 2.5oz. m/a, 2.5 g/b, 1/8 cv CHO 40g</p> <p>Cooked Carrots 62 cal, 1/2c. v, CHO 12g</p> <p>Farm Fresh Orange Wedges 62 cal, 1/2c. f, CHO 15g</p> <p>689 cal</p>	<p>26</p> <p>Cobb Salad w/Ham Egg, Cheese & HS Ranch 282 cal, 2 oz. m/a, 1/2c. v, CHO 10g</p> <p>Three Cheese Breadsticks 130 cal, 1 1/2 g/b, CHO 23g</p> <p>Pineapple Tidbits 69 cal, 1/2c. f, CHO 18g</p> <p>636 Cal</p>
<p>29</p> <p>Memorial Day Holiday No School</p> 	<p>30</p> <p>WG Breakfast Burrito Egg/Cheese/Bacon 212 cal, 1.25 m/a, 1.5 g/b, CHO 28g</p> <p>Refried Beans Garnished w/Mozz Cheese 125 cal, 1/2c. v, 1/4 oz. m/a, CHO 20g</p> <p>Mixed Fruit 69 cal, 1/2c. f, CHO 18g</p> <p>or Manager's Choice 561 cal</p>	<p>31</p> <p>Soft Fajita Chicken & Cheese Taco w/Salsa Cup 214 cal, 1 g/b, 2 oz. m/a, 1/4c. v, CHO 31g</p> <p>Spanish Rice 69 cal, 1/8c. v, 1/2 g/b, CHO 14g</p> <p>Black Beans 114 cal, 1/2c. v, CHO 21g</p> <p>Applesauce w/Blueberries 46 cal, 1/2c. f, CHO 12g</p> <p>or Manager's Choice 571 cal</p>		



Harvest of the Month - Strawberries

Strawberries are an Excellent Source of **Vitamin C** (100 g Provide 58.8 mg or about 98% of RDI), Which is Also a Powerful Natural Antioxidant. Consumption of Fruits Rich in Vitamin C Helps the Body Develop Resistance Against Infectious Agents, Counter