


Pearl Preparatory School

August 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>Good Nutrition and Learning go Hand in Hand.</p> <p>NEW! Apply for MEAL Benefits online: www.LunchApplication.com</p> <p>This process is SAFE, SECURE, PRIVATE, CONVENIENT & AVAILABLE anytime, anywhere! Select Monrovia Unified as the School District.</p>				
<p>21</p> <p>Grilled Cheese Sandwich 270 cal, 2 oz. m/a, 2 1/4 g/b, CHO 32g</p> <p>Vegetable Soup 33 cal, 1/4c. v, CHO 8g</p> <p>Cooked Spinach 19 cal, 1/4c. v, CHO 4g</p> <p>100% Fruit Punch Juice 60 cal, 1/2c. f, CHO 13g</p> <p style="text-align: right;"><i>535 cal</i></p>	<p>22</p> <p><u>Breakfast Tuesday</u> 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>Sausage Patty 60 cal, 1 oz. m/a, CHO 1g</p> <p>Sliced Cucumber 18 cal, 1/2c. v, CHO 4g</p> <p>Applesauce w/Blueberries 58 cal, 1/2c. f, CHO 15g</p> <p style="text-align: right;"><i>531 cal</i></p>	<p>23</p> <p>WG Hot Dog w/Ketchup & Mustard Packets 292 cal, 2 oz. m/a, 1 1/2 g/b CHO 31g</p> <p>Veggie Beans 119 cal, 1/2c. v, CHO 27g</p> <p>Farm Fresh Orange Wedges 62 cal, 1/2c. f, CHO 15g</p> <p style="text-align: right;"><i>602 cal</i></p>	<p>24</p> <p><u>Pizza Thursday</u> Breakfast Pizza 440 cal, 2 oz. m/a, 3 g/b, CHO 48g</p> <p>Peas & Carrots 52 cal, 1/2c. v, CHO 11g</p> <p>Banana 105 cal, 1/2c. f, CHO 27g</p> <p style="text-align: right;"><i>678 cal</i></p>	<p>25</p> <p>Chili Con Carne & Beans 180 cal, 2 oz. m/a, 3/8c. v, CHO 11g</p> <p>WG Corn Bread Loaf 108 cal, 2g/b, CHO 22g</p> <p>Whole Kernel Corn 66 cal, 1/2c. v, CHO 16g</p> <p>Pineapple Tidbits 66 cal, 1/2c. f, CHO 16g</p> <p style="text-align: right;"><i>552 cal</i></p>
<p>28</p> <p>WG & RF Mac & Cheese 290 cal, 2 oz. m/a, 1 g/b, CHO 31g</p> <p>Peas & Carrots 25 cal, 1/2c. v, CHO 5g</p> <p>Italian Breadstix 130 cal, 1 1/2 g/b, CHO 23g</p> <p>Sliced Apples 29 cal, 1/2c. f, CHO 8g</p> <p style="text-align: right;"><i>685 cal</i></p>	<p>29</p> <p><u>Breakfast Tuesday</u> Breakfast Burrito w/Salsa Cup 320 cal, 3 m/a, 1.5 g/b, 1/4c. v, CHO 35g</p> <p>Sliced Cucumber 18 cal, 1/2c. v, CHO 4g</p> <p>Mixed Fruit 69 cal, 1/2c. f, CHO 18g</p> <p style="text-align: right;"><i>562 cal</i></p>	<p>30</p> <p>WG Corn Dog w/Mustard and Ketchup Packet 240 cal, 2 g/b, 2 oz. m/a, CHO 30g</p> <p>Sweet Potato Fries 90 cal, 1/2c. v, CHO 15g</p> <p>Diced Pear 72 cal, 1/2c. f, CHO 19g</p> <p style="text-align: right;"><i>540 cal</i></p>	<p>31</p> <p><u>Pizza Thursday</u> WG Cheese Stuffed Pizza Sticks 300 cal, 2 g/b, 2 oz. m/a, CHO 34g</p> <p>Marinara Sauce 60 cal, 1/2c. v, CHO 11g</p> <p>Carrot Stix w/Ranch Dressing 60 cal, 1/2c. v, CHO 4g</p> <p>Watermelon Wedges (HOTM) 23cal, 1/2c. f, CHO 6g</p> <p style="text-align: right;"><i>569 cal</i></p>	
<p style="text-align: center;"><u>ALTERNATE MEALS</u> <i>available daily</i></p> <p>Yogurt Parfait w/ Fruit and WG Granola 332 cal, 1 oz.m/a, 1g.b, 1/2 c f CHO 71g</p> <p>Carrots, Celery Stix w/Peanut Butter 30+167 cal, 3/4 c. v, 1 oz m/a, CHO 8g</p>		<p>WG Uncrustable Sandwich w/ Peanut Butter & Jelly 210 cal, 1 oz.m/a, 1g.b, CHO 28g</p> <p>Carrots, Celery Stix w/Peanut Butter 30+167 cal, 3/4 c. v, 1 oz m/a, CHO 8g</p> <p>Daily Menued Fruit 34--105 cal, 1/2c. f, CHO 27g</p>		<p style="text-align: center;"><u>2017-2018 Pricing</u></p> <p>Lunch w/ Milk = \$4.75</p> <p>Only Milk = \$0.50</p>
<p>This Institution is a equal opportunity provider.</p>		<p>This Menu is Subject to Change Without Prior Notice.</p>		