

Pearl Preparatory School

October 2017 Lunch Menu

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

Meal Cost: \$4.75

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Grilled Cheese Sandwich 270 cal, 2 oz. m/a, 2 1/4 g/b, CHO 32g</p> <p>Tomato Soup 33 cal, 1/4c. v, CHO 8g</p> <p>Cooked Spinach (HOTM) 19 cal, 1/4c. v, CHO 4g</p> <p>Whole Kernel Corn 33 cal, 1/4c. v, CHO 8g</p> <p>Mixed Fruit 60 cal, 1/2c. f, CHO 17g</p> <p style="text-align: center;"><i>535 cal</i></p>	<p>3</p> <p><u>Breakfast Tuesday</u></p> <p>WG Mini Strawberry Pancakes 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>Hash Brown Potatoes* 130 cal, 1/4c. v, CHO 15g</p> <p>Cooked Carrot Coins 27 cal, 1/2c. v, CHO 6g</p> <p>Farm Fresh Orange Wedges 62 cal, 1/2c. f, CHO 15g</p> <p style="text-align: center;"><i>699 cal</i></p>	<p>4</p> <p>WG 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 114 cal, 1/2c. v, CHO 22g</p> <p>Green Beans 9 cal, 1/4c. v, CHO 3g</p> <p>Sliced Apples 34 cal, 1/2c. f, CHO 8g</p> <p style="text-align: center;"><i>560 cal</i></p>	<p>5</p> <p><u>Pizza Thursday</u></p> <p>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>Romaine Spinach Salad 6 cal, 1/4c. v, CHO1g</p> <p>Banana 105 cal, 1/2c. f, CHO 27g</p> <p style="text-align: center;"><i>701 cal</i></p>	<p>6</p> <p>WG Chicken Sandwich w/Ketchup & Mustard Packets 370 cal, 3.5 g/b, 2 oz. m/a, CHO 39g</p> <p>Ranch Style Beans 52 cal, 1/4c. v, CHO 9g</p> <p>Mixed Vegetable 60 cal, 1/2c. v, CHO 12g</p> <p>Apple Pear 51 cal, 1/2c. f, CHO 13g</p> <p style="text-align: center;"><i>653 cal</i></p>

NATIONAL SCHOOL LUNCH WEEK: October 9 - 13, 2017

<p>9</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>Whole Kernel Corn 33 cal, 1/4c. v, CHO 8g</p> <p>Diced Peaches 60 cal, 1/2c. f, CHO 14g</p> <p style="text-align: center;"><i>736 cal</i></p>	<p>10</p> <p><u>Breakfast Tuesday</u></p> <p>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>Vegetarian Beans 55 cal, 1/4c. v, CHO 5g</p> <p>Cooked Carrot Coins 27 cal, 1/2c. v, CHO 6g</p> <p>Diced Pears 60 cal, 1/2c. f, CHO 16g</p> <p style="text-align: center;"><i>597 cal</i></p>	<p>11</p> <p>Teriyaki Chicken 150 cal, 2 m/a, CHO 19g</p> <p>Brown Rice 138 cal, 1g/b. v, CHO 28g</p> <p>Broccoli 26 cal, 1/2c. v, CHO 5g</p> <p>Green Beans 9 cal, 1/4c. v, CHO 3g</p> <p>Farm Fresh Orange Wedges 62 cal, 1/2c. f, CHO 15g</p> <p>Fortune Cookie 35 cal, CHO 7g</p> <p style="text-align: center;"><i>540 cal</i></p>	<p>12</p> <p><u>Pizza Thursday</u></p> <p>WG Pepperoni Pizza Slidders 343 cal, 2 oz. m/a, 2 g/b, 1/8c. v, CHO 30g</p> <p>Baked Tostitos Scoops 120 cal, 1 g/b, CHO 22g</p> <p>Salsa 33 cal, 3/8c. v, CHO 9g</p> <p>Romaine Spinach Salad 6 cal, 1/4c. v, CHO1g</p> <p>Sliced Apples 34 cal, 1/2c. f, CHO 8g</p> <p style="text-align: center;"><i>656 cal</i></p>	<p>13</p> <p>WG Spaghetti w/Meat Sauce 322 cal, 2 m/a, 3/8c. v, CHO 34g</p> <p>WG Dinner Roll 90 cal, 1 g/b, CHO 16g</p> <p>Cooked Corn 66 cal, 1/2c. v, CHO 16g</p> <p>SideKick 100% Fruit Juice 80 cal, 1/2c. f, CHO 13g</p> <p style="text-align: center;"><i>678 cal</i></p>
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<p>16</p> <p>WG Fish Treasures 4 Pcs. w/Tartar Sauce 210 cal, 2 oz. m/a, 1 1/4 g/b CHO 18g</p> <p>WG Dinner Roll 90 cal, 1g/b, CHO 16g</p> <p>Potato Smiles 140 cal, 1/2c. v, CHO 23g</p> <p>Whole Kernel Corn 33 cal, 1/4c. v, CHO 8g</p> <p>Blueberries 46 cal, 1/2c. f, CHO 12g</p> <p style="text-align: center;"><i>639 cal</i></p>	<p>17</p> <p><u>Breakfast Tuesday</u></p> <p>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>Cooked Carrot Coins 27 cal, 1/2c. v, CHO 6g</p> <p>Raisels 80 cal, 1/4c. f, CHO 22g</p> <p style="text-align: center;"><i>525 cal</i></p>	<p>18</p> <p>WG Hot Dog w/Ketchup & Mustard Packets 260 cal, 2 oz. m/a, 2 g/b, CHO 31g</p> <p>Ranch Style Beans 103 cal, 1/2c. v, CHO 18g</p> <p>Green Beans 9 cal, 1/4c. v, CHO 3g</p> <p>Jello Pear Fruit Cup 72 cal, 1/2c. f, CHO 19g</p> <p style="text-align: center;"><i>564 cal</i></p>	<p>19</p> <p><u>Pizza Thursday</u></p> <p>Breakfast Pizza 420 cal, 2 oz. m/a, 3 g/b, CHO 48g</p> <p>Steamed Broccoli Florets 48 cal, 1/2c. v, CHO 6g</p> <p>Romaine Spinach Salad 6 cal, 1/4c. v, CHO1g</p> <p>Baked Cinnamon Apple 35 cal, 1/2c. f, CHO 9g</p> <p style="text-align: center;"><i>629 cal</i></p>	<p>20</p> <p>WG Chili Verde & Chz 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>Mixed Vegetable 30 cal, 1/4c. v, CHO 6g</p> <p>Applesauce & Blueberries 46 cal, 1/2c. f, CHO 12g</p> <p style="text-align: center;"><i>556 cal</i></p>
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NATIONAL RED RIBBON WEEK: October 23 - 31, 2017

<p>23</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>Whole Kernel Corn 33 cal, 1/4c. v, CHO 8g</p> <p>Diced Peaches 60 cal, 1/2c. f, CHO 14g</p> <p style="text-align: center;"><i>667 cal</i></p>	<p>24</p> <p><u>Breakfast Tuesday</u></p> <p>WG Sweet Potato Cinn Roll 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>Roasted Butternut Squash 41 cal, 1/2c. v, CHO 11g</p> <p>Peas and Diced Carrot 25 cal, 1/2c. v, CHO 5g</p> <p>Apple Pear 51 cal, 1/2c. f, CHO 13g</p> <p style="text-align: center;"><i>622 cal</i></p>	<p>25</p> <p>Bean & Cheese Buriito w/ Taco Sauce Packet 291 cal, 2 oz. m/a, 2 g/b, CHO 42g</p> <p>Broccoli 26 cal, 1/2c. v, CHO 5g</p> <p>Corn Cobbett 30 cal, 1/4c. v, CHO 8g</p> <p>Banana 105 cal, 1/2c. f, CHO 27g</p> <p style="text-align: center;"><i>572 cal</i></p>	<p>26</p> <p><u>Pizza Thursday</u></p> <p>Bella Rosa Cheese Pizza 350 cal, 2 oz m/a, 2 g/b, 1/8 cv CHO 40g</p> <p>Cooked Carrots 62 cal, 1/2c. v, CHO 12g</p> <p>Romaine Spinach Salad 6 cal, 1/4c. v, CHO1g</p> <p>Farm Fresh Orange Wedges 62 cal, 1/2c. f, CHO 15g</p> <p style="text-align: center;"><i>600 cal</i></p>	<p>27</p> <p><u>Manager Special</u></p> <p>Turkey Corn Dog Bites (SL) w/Ketchup & Mustard Packet 170 cal, 2 oz. m/a, 2 g/b, CHO 22g</p> <p>Vegetarian Beans 119 cal, 1/2c. v, CHO 27g</p> <p>Mixed Vegetable 30cal, 1/4c. v, CHO 6g</p> <p>Pumpkin Cookie 160 cal, 3/4 g/b, CHO 21g</p> <p>Sliced Apples 34 cal, 1/2c. f, CHO 8g</p> <p style="text-align: center;"><i>633 cal</i></p>
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<p>30</p> <p>WG Mac & Cheese 6 oz. 295 cal, 2 oz. m/a, 1 g/b, CHO 31g</p> <p>Cooked Broccoli 27 cal, 1/2c. v, CHO 6g</p> <p>Whole Kernel Corn 33 cal, 1/4c. v, CHO 8g</p> <p>Mixed Fruit 60 cal, 1/2c. f, CHO 17g</p> <p style="text-align: center;"><i>535 cal</i></p>	<p>31</p> <p><u>Breakfast Tuesday</u></p> <p>WG Pancakes w/Syrup 160 cal, 1 g/b, CHO 27g</p> <p>Sliced Ham 37 cal, 1 oz. m/a, CHO 2g</p> <p>Colby Cheese Omelet 110 cal, 2 oz. m/a, CHO 1g</p> <p>Bunny Luv Carrots w/Ranch Dressing 70 cal, 1/2c. v, CHO 4g</p> <p>Mandarin Orange 58 cal, 1/2c. f, CHO 14g</p> <p style="text-align: center;"><i>590 cal</i></p>	<p style="text-align: center;">ALTERNATE MEAL <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>String Cheese 80 cal, 1 oz. m/a, CHO 1g</p> <p>Celery Stix w/Peanut Butter 30+167 cal, 3/4 c. v, 1 oz m/a, CHO 8g</p>	<p style="text-align: center;">SACK LUNCH MEAL <i>available daily</i></p> <p>WG Uncrustable Sandwich w/ Peanut Butter & Jelly 210 cal, 1 oz.m/a, 1g.b, CHO 28g</p> <p>String Cheese 80 cal, 1 oz. m/a, CHO 1g</p> <p>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;">HOTM-Cooked Greens</p>  <p>Eating green leafy vegetables daily may reduce overall risk for some cancers like breast, kidney, and lymphoma.</p>
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