


# Pearl Preparatory School

## November 2017 Lunch Menu

Milk is Offered Daily with Lunch: 1% Unflavored 120 cal, CHO 14g & Non-Fat Chocolate 120 cal, CHO 22g

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>ALTERNATE MEAL</u></b></p> <p><i>available daily</i></p> <p><b>Yogurt Parfait</b> w/ Fruit and WG Granola 332 cal, 1 oz.m/a, 1g.b, 1/2 c f CHO 71g String Cheese 80 cal, 1 oz. m/a, CHO 1g Celery Stix w/Peanut Butter 30+167 cal, 3/4 c. v, 1 oz m/a, CHO 8g</p>	<p><b><u>SACK LUNCH MEAL</u></b></p> <p><i>available daily</i></p> <p><b>WG Uncrustable Sandwich w/ Peanut Butter &amp; Jelly</b> 210 cal, 1 oz.m/a, 1g.b, CHO 28g String Cheese 80 cal, 1 oz. m/a, CHO 1g Celery Stix w/Peanut Butter 30+167 cal, 3/4 c. v, 1 oz m/a, CHO 8g Daily Menued Fruit 34--105 cal, 1/2c. f, CHO 27g</p>	<p>1</p> <p><b>WG Chili Mac 6 oz.</b> 296 cal, 2 oz. m/a, 1/2 g/b, CHO 26g <b>WG Three Cheese Breadstix</b> 130 cal, 1 1/2 g/b, CHO 23g Peas and Carrots 25 cal, 1/2c. v, CHO 5g Green Beans 9 cal, 1/4c. v, CHO 3g Fresh Farm Apple 35 cal, 1/2c. f, CHO 9g</p> <p style="text-align: center;"><i>615 cal</i></p>	<p>2</p> <p><b><u>Pizza Thursday</u></b> <b>5" Round Cheese Pizza</b> 300 cal, 2 g/b, 2 oz. m/a, CHO 40g Whole Kernel Corn 66 cal, 1/2c. v, CHO 16g Romaine Spinach Salad 6 cal, 1/4c. v, CHO1g Bluberries 40 cal, 1/2c. f, CHO 9g</p> <p style="text-align: center;"><i>532 cal</i></p>	<p>3</p> <p><b>WG Chicken Corn Dog</b> w/Mustard and Ketchup Packet 240 cal, 2 g/b, 2 oz. m/a, CHO 30g Black Beans 114 cal, 1/2c. v, CHO 22g Mixed Vegetables 30 cal, 1/4c. v, CHO 6g Apple Pear 51 cal, 1/2c. f, CHO 11g</p> <p style="text-align: center;"><i>555 cal</i></p>
<p>6</p> <p><b>WG Bean &amp; Cheese Burrito</b> w/Taco Sauce Packet 291 cal, 2 oz. m/a, 2 g/b, CHO 41g Chickpea Salad 166 cal, 1/2c. v, CHO 27g Whole Kernel Corn 33 cal, 1/4c. v, CHO 8g Mixed Fruit 68 cal, 1/2c. f, CHO 18g</p> <p style="text-align: center;"><i>678 cal</i></p>	<p>7</p> <p><b><u>Breakfast Tuesday</u></b> Buttered Wheat Toast w/One Jelly Packet 105 cal, 1 g/b, CHO 22g Bacon 90 cal, 1 oz. m/a, CHO 2g <b>Colby Cheese Omelet</b> 110 cal, 2 oz. m/a, CHO 1g Cooked Broccoli 27 cal, 1/2c. v, CHO 6g Cooked Diced Carrots 14 cal, 1/4c. v, CHO 3g SideKick 100% Juice 80 cal, 1/2c. f, CHO 20g</p> <p style="text-align: center;"><i>546 cal</i></p>	<p>8</p> <p><b>WG Chili Cheese Dog</b> 335 cal, 2oz m/a, 2 g/b, CHO 31g Vegetarian Beans 110 cal, 1/2c. v, CHO 20g Green Beans 9 cal, 1/4c. v, CHO 3g Apple Slices 34 cal, 1/2c. f, CHO 8g</p> <p style="text-align: center;"><i>608 cal</i></p>	<p>9</p> <p><b><u>Grandparents' Day</u></b></p> <p style="text-align: center;"><b>KFC</b></p> <p style="text-align: center;">(included in GP Day fee)</p>	<p>10</p> <p style="text-align: center;"><b><u>Veteran's Day Holiday</u></b></p> 
<p>13</p> <p><b>WG/RF Mac &amp; Cheese 6 oz.</b> 290 cal, 2 oz. m/a, 1 g/b, CHO 31g Italian Breadstix 130 cal, 1 1/2 g/b, CHO 23g Peas &amp; Carrots 25 cal, 1/2c. v, CHO 5g Whole Kernel Corn 33 cal, 1/4c. v, CHO 8g Applesauce 58 cal, 1/2c. f, CHO 15g</p> <p style="text-align: center;"><i>656 cal</i></p>	<p>14</p> <p><b><u>Breakfast Tuesday</u></b> <b>WG Pancakes w/Syrup</b> 206 cal, 2 g/b, CHO 45g Grilled Egg Patty 45 cal, 1 oz. m/a, CHO 1g Sausage 60 cal, 1 oz. m/a, CHO 4g Potato Smiles 140 cal, 1/2c. v, CHO 23g Green Beans 9 cal, 1/4c. v, CHO 3g 100% Orange Juice 56 cal, 1/2c. f, CHO 15g</p> <p style="text-align: center;"><i>636 cal</i></p>	<p>15</p> <p><b>Orange Chicken</b> 90 cal, 2 oz. m/a, CHO 6g Brown Rice 108 cal, 1 g/b, CHO 22g Green Beans 18 cal, 1/2c. v, CHO 6g Cooked Diced Carrots 14 cal, 1/4c. v, CHO 3g Fortune Cookie 10 cal, 0 g/b, CHO 2g Apple Slices 34 cal, 1/2c. f, CHO 8g</p> <p style="text-align: center;"><i>394 cal</i></p>	<p>16</p> <p><b><u>Pizza Thursday</u></b> <b>Domino's Smart Slice</b> <b>Pepperoni Pizza (8 Slc)</b> 250 cal, 2 m/a, 2 g/b, v, CHO 40g <b>Roasted Butternut Squash-HOTM</b> 126 cal, 1/2c. v, CHO 30g Romaine Spinach Salad 6 cal, 1/4c. v, CHO1g Pineapple Tidbits 69 cal, 1/2c. f, CHO 18g</p> <p style="text-align: center;"><i>571 cal</i></p>	<p>17</p> <p><b>HS Turkey &amp; Gravy 5 oz.</b> 120 cal, 2 m/a, CHO 5g Whole Grain Dinner Roll 90 cal, 1 g/b, CHO 16g Mashed Potatoes 68 cal, 1/4c. v, CHO 11g Cooked Broccoli 27 cal, 1/2c. v, CHO 6g Baked Cinnamon Apple 35 cal, 1/2c. f, CHO 9g Turkey Cookie 160 cal, 3/4 g/b, CHO 17g</p> <p style="text-align: center;"><i>620 cal</i></p>
<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>
<b><i>Thanksgiving Day Holiday Week - No School</i></b>				
<p>27</p> <p><b>Flauquito</b> 338 cal, 2 oz. m/a, 2 g/b, 1/4 cv CHO 31g Vegetable Soup 66 cal, 1/2c. v, CHO 16g Whole Kernel Corn 33 cal, 1/4c. v, CHO 8g Pineapple Tidbits 69 cal, 1/2c. f, CHO 18g</p> <p style="text-align: center;"><i>626 cal</i></p>	<p>28</p> <p><b><u>Breakfast Tuesday</u></b> <b>WG Pancake and Sausage on a Stick</b> 202 cal, 1 oz. m/a, 1 .5 g/b, CHO 23g Colby Cheese Omelet 110 cal, 2 oz. m/a, CHO 1g Hash Brown Potatoes* 130 cal, 1/4c. v, CHO 15g Cooked Diced Carrots 27 cal, 1/2c. v, CHO 6g Mixed Fruit 68 cal, 1/2c. f, CHO 18g</p> <p style="text-align: center;"><i>657 cal</i></p>	<p>29</p> <p><b>Hamburger w/Cheese</b> on a 3 1/2" WG Bun 314 cal, 2.5 oz. m/a, 2 g/b, CHO 41g Romaine Lettuce &amp; Tomato Slice 7 cal, 1/4c. v, CHO 1g Vegetarian Beans 55 cal, 1/4c. v, CHO 10g Green Beans 9 cal, 1/4c. v, CHO 3g Apple Pear 51 cal, 1/2c. f, CHO 11g</p> <p style="text-align: center;"><i>556 cal</i></p>	<p>30</p> <p><b>WG Cheese Pizza Sliders</b> 343 cal, 2 g/b, 2 oz. m/a, CHO 30g Tomato Soup 65 cal, 1/2c. v, CHO 11g Romaine Spinach Salad 6 cal, 1/4c. v, CHO1g Jello Blueberry Fruit Cup 62 cal, 1/2c. f, CHO 16g</p> <p style="text-align: center;"><i>596 cal</i></p>	<p><b><u>HARVEST OF THE MONTH</u></b> <b><u>Winter Squash</u></b></p> <p style="text-align: center;"><i>Winter Squash Tend to be More Nutrient Dense. They Generally Contain Much More Beta Carotene and More of Several B Vitamins Than Summer Squash.</i></p> 