



# Pearl Preparatory School

## December 2017 Lunch Menu

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

	<p><b>HARVEST OF THE MONTH (HOTM) BROCCOLI</b></p>  <p>Broccoli has twice the vitamin C of an orange, almost as much as calcium as whole milk with a better rate of absorption, and contains anti-cancer and anti-viral properties with its selenium content.</p>	<p><b>ALTERNATE MEAL</b></p> <p>available daily</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>SACK LUNCH MEAL</b></p> <p>available daily</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>BBQ Rib on a WG French Roll</b> 410 cal, 2 oz. m/a, 2 g/b, CHO 52g <b>Broccoli (HOTM)</b> 26 cal, 1/2c. v, CHO 5g Vegetarian Beans 55 cal, 1/4c. v, CHO 5g Banana 105 cal, 1/2c. f, CHO 27g</p> <p><b>716 cal</b></p>
<p>4</p> <p><b>Grilled Cheese Sandwich</b> 280 cal, 2 oz. m/a, 2 g/b, CHO 41g <b>Tomato Soup</b> 66 cal, 1/2c. v, CHO 16g <b>Whole Kernel Corn</b> 19 cal, 1/4c. v, CHO 5g <b>Mixed Fruit</b> 80 cal, 1/2c. f, CHO 17g</p> <p><b>565 cal</b></p>	<p>5</p> <p><b>Breakfast Tuesday</b> <b>WG Mini Strawberry Pancakes</b> 220 cal, 2 g/b, CHO 40g <b>Hard Boiled Egg (Pasteurized)</b> 70 cal, 1 oz. m/a, CHO 1g <b>Sausage Patty</b> 60 cal, 1 oz. m/a, CHO 1g <b>Hash Brown Potatoes</b> 135 cal, 1/4c. v, CHO 15g <b>Cooked Diced Carrots</b> 28 cal, 1/2c. v, CHO 6g <b>Farm Fresh Orange Wedges</b> 62 cal, 1/2c. f, CHO 15g</p> <p><b>695 cal</b></p>	<p>6</p> <p><b>Roasted Chicken</b> 142 cal, 2 oz. m/a, CHO 0g <b>WG Brown Rice</b> 108 cal, 1 g/b, CHO 22g <b>Black Beans</b> 114 cal, 1/2c. v, CHO 22g <b>Green Beans</b> 9 cal, 1/4c. v, CHO 3g <b>Sliced Apples</b> 34 cal, 1/2c. f, CHO 8g</p> <p><b>527 cal</b></p>	<p>7</p> <p><b>Pizza Thursday</b> <b>WG Cheese Stuffed Pizza Sticks</b> 300 cal, 2 g/b, 2 oz. m/a, CHO 34g <b>Marinara Sauce</b> 80 cal, 1/2c. v, CHO 10g <b>Romaine Spinach Salad w/Ranch Dressing</b> 70 cal, 1/2c. v, CHO 4g <b>Jicama w/Tajin</b> 13 cal, 1/4c. v, CHO 6g <b>Banana</b> 105 cal, 1/2c. f, CHO 27g</p> <p><b>688 cal</b></p>	<p>8</p> <p><b>Manager Special</b> <b>WG Chicken Sandwich w/Ketchup &amp; Mustard Packet</b> 320 cal, 2.5 g/b, 2 oz. m/a, CHO 39g <b>Green Beans</b> 18 cal, 1/2c. v, CHO 6g <b>Vegetarian Beans</b> 55 cal, 1/4c. v, CHO 5g <b>Apple Pear</b> 51 cal, 1/2c. f, CHO 13g</p> <p><b>564 cal</b></p>
<p>11</p> <p><b>WG Bean &amp; Cheese Burrito w/Taco Sauce Packet</b> 291 cal, 2 oz. m/a, 2 g/b, CHO 42g <b>Whole Kernel Corn</b> 38 cal, 1/2c. v, CHO 9g <b>Green Beans</b> 9 cal, 1/4c. v, CHO 3g <b>Strawberry Fruit Cup</b> 90 cal, 1/2c. f, CHO 22g</p> <p><b>548 cal</b></p>	<p>12</p> <p><b>Breakfast Tuesday</b> <b>WG Cinnamon Glaze French Toast</b> 230 cal, 2 g/b, 1 oz. m/a, CHO 31g <b>Ham Steak</b> 60 cal, 1 oz. m/a, CHO 1g <b>Vegetarian Beans</b> 110 cal, 1/2c. v, CHO 10g <b>Cooked Diced Carrots</b> 14 cal, 1/4c. v, CHO 3g <b>Diced Pears</b> 60 cal, 1/2c. f, CHO 16g</p> <p><b>594 cal</b></p>	<p>13</p> <p><b>WG Chili Mac 6 oz.</b> 215 cal, 2 oz. m/a, 2 g/b, CHO 16g <b>WG Three Cheese Breadstix</b> 130 cal, 1 1/2 g/b, CHO 23g <b>Peas and Carrots</b> 25 cal, 1/2c. v, CHO 5g <b>Jicama w/Tajin</b> 13 cal, 1/4c. v, CHO 6g <b>Farm Fresh Orange Wedges</b> 62 cal, 1/2c. f, CHO 15g</p> <p><b>565 cal</b></p>	<p>14</p> <p><b>Pizza Thursday</b> <b>Domino's Smart Slice Pepperoni Pizza (8 Slc)</b> 250 cal, 2 m/a, 2 g/b, v, CHO 40g <b>Roasted Butternut Squash</b> 126 cal, 1/2c. v, CHO 30g <b>Romaine Spinach Salad w/Ranch Dressing</b> 70 cal, 1/2c. v, CHO 4g <b>Pineapple Tidbits</b> 69 cal, 1/2c. f, CHO 18g</p> <p><b>635 cal</b></p>	<p>15</p> <p><b>HS Turkey &amp; Gravy 5 oz.</b> 120 cal, 2 m/a, CHO 5g <b>Whole Grain Dinner Roll</b> 90 cal, 1 g/b, CHO 16g <b>Mashed Potatoes</b> 68 cal, 1/4c. v, CHO 11g <b>Broccoli (HOTM)</b> 27 cal, 1/2c. v, CHO 6g <b>Baked Cinnamon Apple</b> 35 cal, 1/2c. f, CHO 9g <b>Tree Cookie</b> 160 cal, 3/4 g/b, CHO 17g</p> <p><b>620 cal</b></p>
<p>18</p> <p><b>WG Bean &amp; Cheese Tamale</b> 347 cal, 2 g/b, 2 oz. m/a, CHO 56g <b>Romaine Spinach Salad w/Ranch Dressing</b> 70 cal, 1/2c. v, CHO 4g <b>Whole Kernel Corn</b> 19 cal, 1/4c. v, CHO 5g <b>Applesauce &amp; Blueberries</b> 46 cal, 1/2c. f, CHO 12g</p> <p><b>602 cal</b></p>	<p>19</p> <p><b>Breakfast Tuesday</b> <b>WG Pancakes w/Syrup</b> 206 cal, 2 g/b, CHO 6g <b>Colby Cheese Omelet</b> 110 cal, 2 oz. m/a, CHO 1g <b>Sausage Patty,</b> 60 cal, 1 oz. m/a, CHO 1g <b>Sliced Cucumber w/Tajin</b> 18 cal, 1/2c. v, CHO 4g <b>Cooked Diced Carrots</b> 14 cal, 1/4c. v, CHO 3g <b>Side Kick 100% Juice</b> 80 cal, 1/2c. f, CHO 20g</p> <p><b>608 cal</b></p>	<p>20</p> <p><b>WG Cheeseburger w/Ketchup &amp; Mustard Packets</b> 300 cal, 2 oz. m/a, 1 1/2 g/b, CHO 46g <b>Ranch Style Beans</b> 104 cal, 1/2c. v, CHO 9g <b>Green Beans</b> 9 cal, 1/4c. v, CHO 3g <b>Apple Pear</b> 51 cal, 1/2c. f, CHO 13g</p> <p><b>584 cal</b></p>	<p>21</p> <p><b>Christmas Vacation - No School</b></p>	<p>22</p>
<p>25</p>  <p><b>MERRY CHRISTMAS</b></p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>  <p><b>2018</b> Happy New Year</p>

# Christmas Vacation - No School