

Pearl Preparatory School

March 2018 Lunch Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Harvest of the Month - Carrots</p> 	<p><u>SACK LUNCH MEAL</u> <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><u>ALTERNATE MEAL</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>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;">1</p> <p><u>Pizza Thursday</u></p> <p>WG 4x6 Pepperoni Pizza 280 cal, 2 oz. m/a, 2 g/b, 1/8 cv, CHO 48g</p> <p>Chickpea Salad 83 cal, 1/4c. v, CHO 14g</p> <p>Bunny Luv Carrots w/Ranch Packet 70 cal, 1/2c. v, CHO 3g+ 1g (HOTM)</p> <p>Diced Peaches 68 cal, 1/2c. f, CHO 18g</p> <p style="text-align: center;">656 cal</p>	<p style="text-align: center;">2</p> <p>WG Fish Treasures 4 pcs. 190 cal, 2 oz. m/a, 1 1/4 g/b, CHO 17g</p> <p>Potato Smiles w/Ketchup 140 cal, 1/2c. v, CHO 15g</p> <p>Cooked Green Peas 31 cal, 1/4c. v, CHO 6g</p> <p>Green Egg Cookie 120 cal, .75 g/b, CHO 16g</p> <p>Green Jell-O w/Pear Cup 72 cal, 1/2c. f, CHO 19g</p> <p style="text-align: center;">677 cal</p>
<p style="text-align: center;">5</p> <p>Burger King Chicken Nuggets</p> <p>Fries Fruit Cup Granola Bar Milk</p>	<p style="text-align: center;">6</p> <p><u>Breakfast Tuesday</u></p> <p>Buttered Wheat Toast w/One Jelly Packet 105 cal, 1 g/b, CHO 22g</p> <p>Sausage Patty 60 cal, 1 oz. m/a, CHO 1g</p> <p>Colby Cheese Skillet Omelet 110 cal, 2 oz. m/a, CHO 1g</p> <p>Peas and Carrots 25 cal, 1/2c. v, CHO 5g</p> <p>Broccoli 13 cal, 1/4c. v, CHO 3g</p> <p>Diced Apricot 60 cal, 1/2c. f, CHO 16g</p> <p style="text-align: center;">493 cal</p>	<p style="text-align: center;">7</p> <p>WG Cheeseburger w/Ketchup & Mustard 314 cal, 2.5 oz. m/a, 2 g/b, CHO 41g</p> <p>Romaine Spinach Salad & Tomato Slices 14 cal, 1/2c. v, CHO 1g</p> <p>Vegetarian Beans 55 cal, 1/4c. v, CHO 10g</p> <p>Apple Slices 34 cal, 1/2c. f, CHO 8g</p> <p style="text-align: center;">537 cal</p>	<p style="text-align: center;">8</p> <p><u>Pizza Thursday</u></p> <p>WG Cheese Pizza Sliders 343 cal, 2 g/b, 2 oz. m/a, CHO 30g</p> <p>Broccoli 26 cal, 1/2c. v, CHO 5g</p> <p>Romaine and Spinach Salad w/Ranch Dressing 70 cal, 1c. v = 1/2 Credit, CHO 4g</p> <p>Banana 105 cal, 1/2c. f, CHO 19g</p> <p style="text-align: center;">664 cal</p>	<p style="text-align: center;">9</p> <p>WG Bean & Cheese Burrito w/Taco Sauce Packet 291 cal, 2 oz. m/a, 2 g/b, CHO 41g</p> <p>Bunny Luv Carrots w/Ranch Packet 70 cal, 1/2c. v, CHO 4g (HOTM)</p> <p>Cooked Green Peas 31 cal, 1/4c. v, CHO 6g</p> <p>Mixed Fruit 68 cal, 1/2c. f, CHO 18g</p> <p style="text-align: center;">580 cal</p>
<p style="text-align: center;">12</p> <p>WG Macaroni and Cheese 290 cal, 2 oz. m/a, 1 g/b, CHO 31g</p> <p>WG Dinner Roll 90 cal, 1g/b, CHO 16g</p> <p>Cooked Green Beans 18 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;">611 cal</p>	<p style="text-align: center;">13</p> <p><u>Breakfast Tuesday</u></p> <p>Cinnamon French Toast 230 cal, 2 g/b, 1 oz. m/a, CHO 32g</p> <p>Hard Boiled Egg (Pasteurized) 70 cal, 1 oz. m/a, CHO 1g</p> <p>Bacon 90 cal, 1 oz. m/a, CHO 2g</p> <p>Bunny Luv Carrots w/Ranch Packet 70 cal, 1/2c. v, CHO 13g (HOTM)</p> <p>Broccoli 13 cal, 1/4c. v, CHO 3g</p> <p>Apple Slices 34 cal, 1/2c. f, CHO 8g</p> <p style="text-align: center;">627 cal</p>	<p style="text-align: center;">14</p> <p>WG Corn Dog w/Mustard and Ketchup Packet 240 cal, 2 g/b, 2 oz. m/a, CHO 30g</p> <p>Romaine and Spinach Salad w/Ranch Dressing 47 cal, 1c. v = 1/2 Credit, CHO 2g</p> <p>Vegetarian Beans 55 cal, 1/4c. v, CHO 10g</p> <p>Grapes 55 cal, 1/2 c f, CHO 15g</p> <p style="text-align: center;">517 cal</p>	<p style="text-align: center;">15</p> <p><u>Pizza Thursday</u></p> <p>Domino's Smart Slice Pepperoni Pizza (8 Slic) 250 cal, 2 m/a, 2 g/b, v, CHO 40g</p> <p>Baked Tostitos Scoops 120 cal, 1 g/b, CHO 22g</p> <p>Salsa 40 cal, 1/2c. v, CHO 8g</p> <p>Romaine and Spinach Salad w/Ranch Dressing 70 cal, 1c. v = 1/2 Credit, CHO 4g</p> <p>Applesauce Cup 51 cal, 1/2c. f, CHO 14g, 4.5oz</p> <p style="text-align: center;">651 cal</p>	<p style="text-align: center;">16</p> <p>WG Bean/Chili/Cheese Tamale 363 cal, 2 oz. m/a, 2 g/b, CHO 56g</p> <p>Black Beans w/Mozzarella Cheese 114 cal, 1/2c. v, CHO 22g</p> <p>Cooked Green Peas 31 cal, 1/4c. v, CHO 6g</p> <p>Diced Peaches 68 cal, 1/2c. f, CHO 18g</p> <p style="text-align: center;">696 cal</p>
<p style="text-align: center;">19</p> <p>Little Caesar's Pizza</p> <p>Granola Bar Fruit Cup Chips Milk</p>	<p style="text-align: center;">20</p> <p><u>Breakfast Tuesday</u></p> <p>Brown Rice 108 cal, 1g/b, CHO 27g</p> <p>Scrambled Eggs w/Green Beans 109 cal, 2 oz m/a, 1/4c v, CHO 6g</p> <p>Sausage Patty 60 cal, 1 oz. m/a, CHO 1g</p> <p>Broccoli 13 cal, 1/4c. v, CHO 3g</p> <p>Pineapple Tidbits 69 cal, 1/2c. f, CHO 18g</p> <p style="text-align: center;">479 cal</p>	<p style="text-align: center;">21</p> <p>Chicken Alfredo Pasta 201 cal, 1 g/b, 2 oz. m/a, 1/4 cv (G) CHO 23g</p> <p>WG Super Star Corn Muffin 148 cal, 1g/b, CHO 23g</p> <p>Vegetarian Beans 55 cal, 1/4c. v, CHO 10g</p> <p>Jell-O Blueberry Fruit Cup 62 cal, 1/2c. f, CHO 16g</p> <p style="text-align: center;">586 cal</p>	<p style="text-align: center;">22</p> <p><u>Pizza Thursday</u></p> <p>WG Pepperoni Pizza 440 cal, 2 oz. m/a, 3 g/b, CHO 48g</p> <p>Romaine and Spinach Salad w/Ranch Dressing 70 cal, 1c. v = 1/2 Credit, CHO 2g</p> <p>Peas and Carrots 25 cal, 1/2c. v, CHO 5g</p> <p>Banana 105 cal, 1/2c. f, CHO 19g</p> <p style="text-align: center;">747 cal</p>	<p style="text-align: center;">23</p> <p>Cheese & Green Chili Quesadilla w/Taco Sauce Packet 291 cal, 2 oz. m/a, 2 g/b, CHO 28g</p> <p>Refried Beans Garnished w/Mozzarella Cheese 125 cal, 1/2c. v, 1/4 oz. m/a, CHO 20g</p> <p>Cooked Green Peas 31 cal, 1/4c. v, CHO 6g</p> <p>100% Orange Juice 56 cal, 1/2c. f, CHO 15g</p> <p style="text-align: center;">623 cal</p>
<p style="text-align: center;">26</p> <p>Grilled Cheese Sandwich 360 cal, 2 oz. m/a, 2 g/b, CHO 30g</p> <p>Vegetable Soup 25 cal, 1/4c v, CHO 4g</p> <p>Broccoli 26 cal, 1/2c. v, CHO 5g</p> <p>Whole Kernel Corn 33 cal, 1/4c. v, CHO 8g</p> <p>Diced Peaches 68 cal, 1/2c. f, CHO 18g</p> <p style="text-align: center;">632 cal</p>	<p style="text-align: center;">27</p> <p><u>Breakfast Tuesday</u></p> <p>WG Belgian Waffle Stix w/Syrup Packet 156 cal, 1 g/b, CHO 35g</p> <p>WG Chicken Nuggets (5 Pcs.) 190 cal, 2 oz. m/a, 1 g/b, CHO 11g</p> <p>Cooked Seasoned Carrots 87 cal, 1/2c. v, CHO 4g</p> <p>Broccoli 13 cal, 1/4c. v, CHO 3g</p> <p>100% Fruit Punch Juice 60 cal, 1/2c. f, CHO 15g</p> <p style="text-align: center;">626 cal</p>	<p style="text-align: center;">28</p> <p><u>Mangers Choice</u> or</p> <p>WG Chili Mac 215 cal, 2 oz. m/a, 2g/b, CHO 11g</p> <p>WG Super Star Corn Muffin 148 cal, 1g/b, CHO 23g</p> <p>Broccoli 26 cal, 1/2c. v, CHO 5g</p> <p>Vegetarian Beans 55 cal, 1/4c. v, CHO 10g</p> <p>Banana 105 cal, 1/2c. f, CHO 27g</p> <p style="text-align: center;">669 cal</p>	<p style="text-align: center;">29</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>Romaine and Spinach Salad w/Ranch Dressing 70 cal, 1c. v = 1/2 Credit, CHO 4g</p> <p>SideKick 100% Juice 80 cal, 1/2c. f, CHO 20g</p> <p style="text-align: center;">670 cal</p>	<p style="text-align: center;">30</p> <p style="text-align: center;">Good Friday</p> <p style="text-align: center;">No School</p> <p style="text-align: center;">School Resumes on April 9th</p>