

# Pearl Preparatory School

## April 2018 Lunch Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<b>HARVEST OF THE MONTH</b>				
 <p><b>B E F O R E</b></p>		 <p><b>A F T E R</b></p>		
<b>Easter Vacation: No School</b>				
<p>Cucumbers Have Not Received As Much Press As Other Vegetables In Terms Of Health Benefits, But This Widely Cultivated Food Provides Us With A Unique Combination Of Nutrients. At The Top Of The Phytonutrient List For Cucumbers Are Its Cucurbitacins, Lignans, And Flavonoids. These Three Types Of Phytonutrients Found In Cucumbers Provide Us With Valuable Antioxidant, Anti-Inflammatory, And Anti-Cancer Benefits.</p>				
9	10	11	12	13
<p><b>Grilled Cheese Sandwich</b> 280 cal, 2 oz. m/a, 2 g/b, CHO 41g Tomato Soup 66 cal, 1/2c. v, CHO 16g Green Peas 31 cal, 1/4c. v, CHO 8g Mixed Fruit 80 cal, 1/2c. f, CHO 17g</p> <p style="text-align: right;"><i>577 cal</i></p>	<p><b>Breakfast Tuesday</b> <b>WG Mini Strawberry Pancakes</b> 220 cal, 2 g/b, CHO 40g Hard Boiled Egg (Pasteurized) 70 cal, 1 oz. m/a, CHO 1g Sausage Patty 60 cal, 1 oz. m/a, CHO 1g Hash Brown Potatoes* 135 cal, 1/4c. v, CHO 15g Green Beans 18 cal, 1/2c. v, CHO 6g Farm Fresh Orange Wedges 62 cal, 1/2c. f, CHO 15g</p> <p style="text-align: right;"><i>685 cal</i></p>	<p><b>WG Breaded Chicken - New</b> 190 cal, 2 oz., .75 g/b, CHO 5g WG Brown Rice 108 cal, 1 g/b, CHO 22g Black Beans 114 cal, 1/2c. v, CHO 22g Broccoli 14 cal, 1/4c. v, CHO 3g Sliced Apples 34 cal, 1/2c. f, CHO 8g</p> <p style="text-align: right;"><i>580 cal</i></p>	<p><b>Pizza Thursday</b> <b>Cheese Stuffed Pizza Sticks</b> 300 cal, 2 g/b, 2 oz. m/a, CHO 34g Marinara Sauce 80 cal, 1/2c. v, CHO 10g Romaine Spinach Salad w/Ranch Dressing 70 cal, 1/2c. v, CHO 4g Banana 105 cal, 1/2c. f, CHO 27g</p> <p style="text-align: right;"><i>710 cal</i></p>	<p><b>WG Chili Mac 6 oz.</b> 215 cal, 2 oz. m/a, 2 g/b, CHO 16g WG Three Cheese Breadstix 130 cal, 1 1/2 g/b, CHO 23g Peas and Carrots 25 cal, 1/2c. v, CHO 5g Chickpea Salad 83 cal, 1/4c. v, CHO 14g Farm Fresh Orange Wedges 62 cal, 1/2c. f, CHO 15g</p> <p style="text-align: right;"><i>635 cal</i></p>
16	17	18	19	20
<p><b>WG Bean &amp; Cheese Burrito</b> w/Taco Sauce Packet 291 cal, 2 oz. m/a, 2 g/b, CHO 42g Whole Kernel Corn 38 cal, 1/2c. v, CHO 9g Green Peas 31 cal, 1/4c. v, CHO 8g Applesauce &amp; Strawberries 35 cal, 1/2c. f, CHO 12g</p> <p style="text-align: right;"><i>515 cal</i></p>	<p><b>Breakfast Tuesday</b> <b>Cinnamon Glaze French Toast</b> 230 cal, 2 g/b, 1 oz. m/a, CHO 31g Ham Steak 60 cal, 1 oz. m/a, CHO 1g Vegetarian Beans 110 cal, 1/2c. v, CHO 10g Green Beans 9 cal, 1/4c. v, CHO 3g Diced Pears 60 cal, 1/2c. f, CHO 16g</p> <p style="text-align: right;"><i>589 cal</i></p>	<p><b>Manager Special</b> <b>WG Chicken Sandwich</b> w/Ketchup &amp; Mustard Packet 320 cal, 2.5 g/b, 2 oz. m/a, CHO 39g Green Beans 18 cal, 1/2c. v, CHO 6g Broccoli 14 cal, 1/4c. v, CHO 3g Sliced Apples 34 cal, 1/2c. f, CHO 8g</p> <p style="text-align: right;"><i>506 cal</i></p>	<p><b>Pizza Thursday</b> <b>Domino's Smart Slice</b> <b>Pepperoni Pizza (8 Slc)</b> 250 cal, 2 m/a, 2 g/b, v, CHO 40g Roasted Butternut Squash 126 cal, 1/2c. v, CHO 30g Bunny Luv Carrots w/Ranch Dressing 70 cal, 1/2c. v, CHO 4g Pineapple Tidbits 69 cal, 1/2c. f, CHO 18g</p> <p style="text-align: right;"><i>635 cal</i></p>	<p><b>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 136 cal, 1/2c. v, CHO 22g Broccoli 27 cal, 1/2c. v, CHO 6g Baked Cinnamon Apple 35 cal, 1/2c. f, CHO 9g</p> <p style="text-align: right;"><i>528 cal</i></p>
23	24	25	26	27
<p><b>WG Bean &amp; Cheese Tamale</b> 347 cal, 2 g/b, 2 oz. m/a, CHO 56g Romaine Spinach Salad w/Ranch Dressing 70 cal, 1/2c. v, CHO 4g Green Peas 31 cal, 1/4c. v, CHO 8g Applesauce &amp; Strawberries 35 cal, 1/2c. f, CHO 12g</p> <p style="text-align: right;"><i>603 cal</i></p>	<p><b>Breakfast Tuesday</b> <b>WG Pancakes w/Syrup</b> 206 cal, 2 g/b, CHO 6g Colby Cheese Omelet 110 cal, 2 oz. m/a, CHO 1g Sausage Patty 60 cal, 1 oz. m/a, CHO 1g Sliced Cucumber w/Tajin - <b>HOTM</b> 18 cal, 1/2c. v, CHO 4g Green Beans 9 cal, 1/4c. v, CHO 3g Side Kick 100% Juice 80 cal, 1/2c. f, CHO 20g</p> <p style="text-align: right;"><i>603 cal</i></p>	<p><b>WG Cheeseburger</b> w/Ketchup &amp; Mustard Packets 300 cal, 2 oz. m/a, 1 1/2 g/b, CHO 46g Ranch Style Beans 104 cal, 1/2c. v, CHO 9g Broccoli 14 cal, 1/4c. v, CHO 3g Farm Fresh Orange Wedges 62 cal, 1/2c. f, CHO 15g</p> <p style="text-align: right;"><i>600 cal</i></p>	<p><b>Pizza Thursday</b> <b>WG Galaxy Pepperoni Pizza</b> 290 cal, 2 oz. m/a, 2 g/b, 1/8c. v, CHO 37g Sweet Potato Fries 90 cal, 1/2c. v, CHO 15g Bunny Luv Carrots w/Ranch Dressing 70 cal, 1/2c. v, CHO 4g Banana 105 cal, 1/2c. f, CHO 27g</p>  <p style="text-align: right;"><i>675 cal</i></p>	<p><b>Chili Con Carne &amp; Beans</b> 180 cal, 2 oz. m/a, 3/8c. v, CHO 11g WG Corn Bread Loaf 230 cal, 2g/b, CHO 38g Green Beans 18 cal, 1/2c. v, CHO 6g Chickpea Salad 83 cal, 1/4c. v, CHO 14g Diced Peaches 60 cal, 1/2c. f, CHO 18g</p> <p style="text-align: right;"><i>691 cal</i></p>
30	<b>ALTERNATE MEAL</b>		<b>SACK LUNCH MEAL</b>	
<p><b>WG Fish Treasures</b> w/Tartar Sauce 210 cal, 2 oz. m/a, 1 1/4 g/b CHO 18g WG Dinner Roll 90 cal, 1g/b, CHO 16g Potato Smiles w//Ketchup 140 cal, 1/2c. v, CHO 23g Green Peas 31 cal, 1/4c. v, CHO 8g Blueberries 46 cal, 1/2c. f, CHO 12g</p> <p style="text-align: right;"><i>637 cal</i></p>	<p style="text-align: center;"><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 style="text-align: center;"><i>available daily</i></p> <p><b>WG Uncrustable Sandwich</b> <b>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>	