

PEARL PREPARATORY SCHOOL

September 2018 Lunch Menu

Milk is 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>3-Sep</p> <p style="text-align: center;">Labor Day Holiday! No School</p> 	<p>4</p> <p style="text-align: center;"><u>Breakfast Tuesday</u></p> <p>Buttered Wheat Toast W/Jelly Packet 70 cal, 1 g/b, CHO 13g</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>Hashbrown Potatoes* 130 cal, 1/4c. v, CHO 15g</p> <p>Vegetarian Beans 55 cal, 1/4c. v, CHO 10g</p> <p>SideKick 100% Juice 80 cal, 1/2c. f, CHO 20g</p> <p style="text-align: center;">602 cal</p>	<p>5</p> <p style="text-align: center;">WG Hot Dog w/Ketchup & Mustard Packets 292 cal, 2 oz. m/a, 2 g/b, CHO 31g</p> <p>Vegetarian Beans 119 cal, 1/2c. v, CHO 27g</p> <p>Broccoli 13 cal, 1/4c. v, CHO 3g</p> <p>Apple Slices 29 cal, 1/2c. f, CHO 8g</p> <p style="text-align: center;">573 cal</p>	<p>6</p> <p style="text-align: center;"><u>Pizza Thursday</u></p> <p>NEW WG Pepperoni Pinwheel 280 cal, 2 g/b, 2 oz. m/a, CHO 28g</p> <p>Sweet Potato Fries 90 cal, 1/2c. v, CHO 15g</p> <p>Green Beans 9 cal, 1/4c. v, CHO 3g</p> <p>Jell-O Pear Fruit Cup 72 cal, 1/2c. f, CHO 19g</p> <p style="text-align: center;">571 cal</p>	<p>7</p> <p style="text-align: center;">WG BBQ Pulled Pork Sandwich 348 cal, 1.5 g/b, 2 oz. m/a, CHO 22g</p> <p>Romaine and Spinach Salad w/Ranch Dressing 47 cal, 1c. v = 1/2 credit, CHO 2g</p> <p>Seasoned Carrots 30cal, 1/4c. v, CHO 3g</p> <p>Diced Peaches 68 cal, 1/2c. f, CHO 18g</p> <p style="text-align: center;">613 cal</p>
<p>10</p> <p style="text-align: center;">WG Bean & Cheese Burrito w/Taco Sauce Packet 291 cal, 2 oz. m/a, 2 g/b, CHO 41g</p> <p>Chickpea Salad 166 cal, 1/2c. v, CHO 27g</p> <p>Peas & Carrots 13 cal, 1/4c. v, CHO 3g</p> <p>Mixed Fruit 68 cal, 1/2c. f, CHO 18g</p> <p style="text-align: center;">658 cal</p>	<p>11</p> <p style="text-align: center;"><u>Breakfast Tuesday</u></p> <p>Cinnamon Glazed French Toast 230 cal, 2 g/b, 1 oz. m/a, CHO 31g</p> <p>Hard Boiled Egg 70 cal, 1 oz. m/a, CHO 1g</p> <p>Sausage Patty 60 cal, 1 oz. m/a, CHO 1g</p> <p>Sliced Cucumber 18 cal, 1/2c. v, CHO 4g</p> <p>Vegetarian Beans 55 cal, 1/4c. v, CHO 10g</p> <p>Pineapple Tidbits 66 cal, 1/2c. f, CHO 16g</p> <p style="text-align: center;">619 cal</p>	<p>12</p> <p style="text-align: center;"><u>¿Chicken Nugget Wednesday ?</u></p> <p>WG Star Chicken Nuggets 4 pcs. 180 cal, 2 oz. m/a, 1 g/b, CHO 16g</p> <p>NEW Emoticon Potatoes w/Ketchup 140 cal, 1/2c. v, CHO 15g</p> <p>Broccoli 13 cal, 1/4c. v, CHO 3g</p> <p>Green Jell-O w/Pear Cup 72 cal, 1/2c. f, CHO 19g</p> <p style="text-align: center;">645 cal</p>	<p>13</p> <p style="text-align: center;"><u>Pizza Thursday</u></p> <p>WG Pizza Cheese WG 4 x 6 300 cal, 2 oz. m/a, 2 g/b, 1/8c. v, CHO 32g</p> <p>Bunny Luv Carrots w/ HS Ranch Dressing 70 cal, 1/2c. v, CHO 12g</p> <p>Green Beans 9 cal, 1/4c. v, CHO 3g</p> <p>SideKick 100% Juice 80 cal, 1/2c. f, CHO 20g</p> <p style="text-align: center;">579 cal</p>	<p>14</p> <p style="text-align: center;">WG Chili Mac 6 oz. 296 cal, 2 oz. m/a, 1/2 g/b, CHO 26g</p> <p>WG Three Cheese Breadstix 130 cal, 1 1/2 g/b, CHO 23g</p> <p>Cooked Broccoli 27 cal, 1/2c. v, CHO 6g</p> <p>Seasoned Carrots 30cal, 1/4c. v, CHO 3g</p> <p>Apple Pear 51 cal, 1/2c. f, CHO 11g</p> <p style="text-align: center;">654 cal</p>
<p>17</p> <p style="text-align: center;">WG/RF Mac & Cheese 6 oz. 290 cal, 2 oz. m/a, 1 g/b, CHO 31g</p> <p>Cooked Broccoli 27 cal, 1/2c. v, CHO 6g</p> <p>Peas & Carrots 13 cal, 1/4c. v, CHO 3g</p> <p>Italian Breadstix 130 cal, 1 1/2 g/b, CHO 23g</p> <p>Applesauce w/Strawberries 70 cal, 1/2c. f, CHO 19g</p> <p style="text-align: center;">650 cal</p>	<p>18</p> <p style="text-align: center;"><u>Breakfast Tuesday</u></p> <p>WG Pancakes w/Syrup 206 cal, 2 g/b, CHO 45g</p> <p>Grilled Egg Patty 45 cal, 1 oz. m/a, CHO 1g</p> <p>Sausage 60 cal, 1 oz. m/a, CHO 4g</p> <p>NEW Seasoned Curly Fries 100 cal, 1/2c. v, CHO 17g</p> <p>Vegetarian Beans 55 cal, 1/4c. v, CHO 10g</p> <p>Mixed Fruit 68 cal, 1/2c. f, CHO 18g</p> <p style="text-align: center;">654 cal</p>	<p>19</p> <p style="text-align: center;">Orange Chicken 90 cal, 2 oz. m/a, CHO 6g</p> <p>Brown Rice 108 cal, 1 g/b, CHO 22g</p> <p>Peas & Carrots 25 cal, 1/2c. v, CHO 5g</p> <p>Broccoli 13 cal, 1/4c. v, CHO 3g</p> <p>Fortune Cookie 10 cal, 0 g/b, CHO 2g</p> <p>Pineapple Tidbits 69 cal, 1/2c. f, CHO 18g</p> <p style="text-align: center;">435 cal</p>	<p>20</p> <p style="text-align: center;"><u>Pizza Thursday</u></p> <p>Domino's Smart Slice</p> <p>Pepperoni Pizza (8 Slc) 250 cal, 2 m/a, 2 g/b, v, CHO 40g</p> <p>Roasted Butternut Squash-HOTM 126 cal, 1/2c. v, CHO 30g</p> <p>Green Beans 9 cal, 1/4c. v, CHO 3g</p> <p>Apple Slices 34 cal, 1/2c. f, CHO 8g</p> <p style="text-align: center;">539 cal</p>	<p>21</p> <p style="text-align: center;">NEW Breaded Porkchop 5 oz. 200 cal, 2 m/a, 1 g/b CHO 17g</p> <p>Whole Grain Dinner Roll 90 cal, 1 g/b, CHO 16g</p> <p>Mashed Potatoes 68 cal, 1/4c. v, CHO 11g</p> <p>Ranch Style Beans 130 cal, 1/2c. v, CHO 18g</p> <p>Orange Wedges 62 cal, 1/2c. f, CHO 16g</p> <p style="text-align: center;">670 cal</p>
<p>24</p> <p style="text-align: center;">WG Bean/Chili/Cheese Tamale 363 cal, 2 oz. m/a, 2 g/b, CHO 56g</p> <p>Whole Kernel Corn 66 cal, 1/2c. v, CHO 16g</p> <p>Peas & Carrots 13 cal, 1/4c. v, CHO 3g</p> <p>Blueberries 40 cal, 1/2c. f, CHO 9g</p> <p style="text-align: center;">602 cal</p>	<p>25</p> <p style="text-align: center;"><u>Breakfast Tuesday</u></p> <p>WG Pancake and Sausage on a Stick 202 cal, 1 oz. m/a, 1.5 g/b, CHO 23g</p> <p>Colby Cheese Omelet 110 cal, 2 oz. m/a, CHO 1g</p> <p>Hash Brown Potatoes* 130 cal, 1/4c. v, CHO 15g</p> <p>Vegetarian Beans 55 cal, 1/4c. v, CHO 10g</p> <p>Mixed Fruit 68 cal, 1/2c. f, CHO 18g</p> <p style="text-align: center;">685 cal</p>	<p>26</p> <p style="text-align: center;">WG 3.5" Cheeseburger w/mustard and ketchup 314 cal, 2.5 oz. m/a, 2 g/b, CHO 41g</p> <p>Vegetarian Beans 110 cal, 1/2c. v, CHO 20g</p> <p>Broccoli 13 cal, 1/4c. v, CHO 3g</p> <p>Apple Pear 51 cal, 1/2c. f, CHO 11g</p> <p style="text-align: center;">608 cal</p>	<p>27</p> <p style="text-align: center;"><u>Pizza Thursday</u></p> <p>WG Cheese Pizza Sliders 343 cal, 2 g/b, 2 oz. m/a, CHO 30g</p> <p>Tomato Soup 65 cal, 1/2c. v, CHO 11g</p> <p>Green Beans 9 cal, 1/4c. v, CHO 3g</p> <p>Jell-O Blueberry Fruit Cup 62 cal, 1/2c. f, CHO 16g</p> <p style="text-align: center;">599 cal</p>	<p style="text-align: center;">Grilled Cheese Sandwich 270 cal, 2 1/4 g/b, 2 oz. m/a, CHO 32g</p> <p>Broccoli 26 cal, 1/2c. v, CHO 5g</p> <p>Seasoned Carrots 30cal, 1/4c. v, CHO 3g</p> <p>Raiselss 80cal, 1/2c. f, CHO 22g</p> <p style="text-align: center;">526 cal</p>
	<p style="text-align: center;"><u>HARVEST OF THE MONTH</u></p> <p style="text-align: center;"><u>Winter Squash</u></p> <p><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>		<p style="text-align: center;"><u>ALTERNATE MEALS</u> available daily</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p style="text-align: center;">Yogurt Parfait w/ Fruit and WG Granola 332 cal, 1 oz.m/a, 1g.b, 1/2 c f CHO 71g</p> <p style="text-align: center;">String Cheese 80 cal, 1 oz. m/a, CHO 1g</p> <p style="text-align: center;">Celery Stix w/Peanut Butter 30+167 cal, 3/4 c. v, 1 oz m/a, CHO 8g</p> </div> <div style="width: 45%;"> <p style="text-align: center;">WG Uncrustable Sandwich w/ Peanut Butter & Jelly 210 cal, 1 oz.m/a, 1g.b, CHO 28g</p> <p style="text-align: center;">String Cheese 80 cal, 1 oz. m/a, CHO 1g</p> <p style="text-align: center;">Celery Stix w/Peanut Butter 30+167 cal, 3/4 c. v, 1 oz m/a, CHO 8g</p> <p style="text-align: center;">Daily Menued Fruit 34--105 cal, 1/2c. f, CHO 27g</p> </div> </div>	