





Pearl Preparatory School

November 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
ALTERNATE MEALS available daily		HARVEST OF THE MONTH <i>Winter Squash</i> <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>	1 Pizza Thursday Domino's Smart Slice Pepperoni Pizza (8 Slc) 250 cal, 2 m/a, 2 g/b, v, CHO 40g Sweet Potato Fries 90 cal, 1/2c. v, CHO 15g Tomato Soup 33 cal, 1/4c. v, CHO 8g Baked Cinnamon Apple 35 cal, 1/2c. f, CHO 9g <i>698 cal</i>	2 WG Fish Treasures w/Ketchup & Mustard 210 cal, 2 oz. m/a, 1 1/4 g/b CHO 18g Seasoned Potato Wedges 120 cal, 1/2c. v, CHO 20g Peas and Carrots 13 cal, 1/4c. v, CHO 3g Jell-O Blueberry Fruit Cup 62 cal, 1/2c. f, CHO 16g <i>525 cal</i>
5 WG Bean & Cheese Burrito 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 <i>678 cal</i>	6 Breakfast Tuesday Buttered Wheat Toast w/One Jelly Packet 105 cal, 1 g/b, CHO 22g Bacon 90 cal, 1 oz. m/a, CHO 2g Colby Cheese Omelet 110 cal, 2 oz. m/a, CHO 1g Cooked Broccoli 27 cal, 1/2c. v, CHO 6g Green Beans 9 cal, 1/4c. v, CHO 3g SideKick 100% Juice 80 cal, 1/2c. f, CHO 20g <i>541 cal</i>	7 ¿Chicken Nugget Wednesday ? WG Turkey Shaped Chick'n Nuggets 4 pcs. 180 cal, 2 oz. m/a, 1 g/b, CHO 16g Emoticon Potatoes w/Ketchup 140 cal, 1/2c. v, CHO 15g Romaine and Spinach Salad w/Ranch Dressing 41 cal, 1/2c. v = 1/4 credit, CHO 2g Green Jell-O w/Pear Cup 72 cal, 1/2c. f, CHO 19g <i>553 cal</i>	8 Grandparents' Day Pasta Lunch (Included in GP Day Fee) <i>628 cal</i>	9 Veteran's Day Holiday No School  <i>651 cal</i>
12 Veteran's Day Holiday No School 	13 Breakfast Tuesday WG Pancakes w/Syrup 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 <i>636 cal</i>	14 WG Orange Chicken 90 cal, 2 oz. m/a, CHO 6g Brown Rice 108 cal, 1 g/b, CHO 22g Ranch Style Beans 122 cal, 1/2c. v, CHO 28g Romaine and Spinach Salad w/Ranch Dressing 41 cal, 1/2c. v = 1/4 credit, CHO 2g WG Fortune Cookie 10 cal, 0 g/b, CHO 2g Apple Slices 34 cal, 1/2c. f, CHO 8g <i>525 cal</i>	15 Pizza Thursday Domino's Smart Slice Pepperoni Pizza (8 Slc) 250 cal, 2 m/a, 2 g/b, v, CHO 40g Roasted Butternut Squash-HOTM 126 cal, 1/2c. v, CHO 30g Tomato Soup 33 cal, 1/4c. v, CHO 8g Pineapple Tidbits 69 cal, 1/2c. f, CHO 18g <i>598 cal</i>	16 HS Turkey & Gravy 5 oz. 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 <i>620 cal</i>
19	20	21	22	23
Thanksgiving Day Holiday Week - No School				
				
26 Fish Tacos w/tarter sauce 346 cal, 2 oz. m/a, 2 g/b, 1/4 cv CHO 37g Vegetable Soup 66 cal, 1/2c. v, CHO 16g Shredded Cabbage 9 cal, 1/4c. v, CHO 2g Pineapple Tidbits 69 cal, 1/2c. f, CHO 18g <i>610 cal</i>	27 Breakfast Tuesday WG Pancake and Sausage on a Stick 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 Green Beans 9 cal, 1/4c. v, CHO 3g Mixed Fruit 68 cal, 1/2c. f, CHO 18g <i>639 cal</i>	28 WG Cheeseburger on a 3 1/2" WG Bun 314 cal, 2.5 oz. m/a, 2 g/b, CHO 41g Romaine Lettuce & Tomato Slice 7 cal, 1/4c. v, CHO 1g Vegetarian Beans 110 cal, 1/2c. v, CHO 20g Farm Fresh Orange Wedges 62 cal, 1/2c. f, CHO 16g <i>599 cal</i>	29 Pizza Thursday WG Cheese Pizza Sliders 343 cal, 2 g/b, 2 oz. m/a, CHO 30g Tomato Soup 65 cal, 1/2c. v, CHO 11g Peas and Carrots 13 cal, 1/4c. v, CHO 3g Banana 105 cal, 1/2c. f, CHO 27g <i>625 cal</i>	30 WG Corn Dog 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 Romaine and Spinach Salad w/Ranch Dressing 41 cal, 1/2c. v = 1/4 credit, CHO 2g Jell-O Blueberry Fruit Cup 62 cal, 1/2c. f, CHO 16g <i>577 cal</i>