

Pearl Preparatory School

October 2018 Lunch Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 1 Grilled Cheese Sandwich 280 cal, 2 oz. m/a, 2 g/b, CHO 41g Tomato Soup 33 cal, 1/4c. v, CHO 8g Cooked Spinach (HOTM) 38 cal, 1/2c. v, CHO 8g Mixed Fruit 80 cal, 1/2c. f, CHO 17g 551cal	2 <u>Breakfast Tuesday</u> WG Mini Strawberry Pancakes 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 685 cal	3 WG Soft Chicken Fajita and Cheese Taco w/Salsa 214 cal, 1 g/b, 2 oz. m/a, 1/4c. v, CHO 31g Spanish Rice 69 cal, 1/2 g/b, 1/8c. v CHO 14g 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 Raisels 80 cal, 1/2c. f, CHO 22g 638 cal	4 <u>Pizza Thursday</u> Domino's Smart Slice Pepperoni Pizza (8 Slc) 420 cal, 2 oz. m/a, 3 g/b, CHO 52g 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 698 cal	5 WG Chicken Sandwich w/Ketchup & Mustard Packet 320 cal, 2.5 g/b, 2 oz. m/a, CHO 39g Ranch Style Beans 52 cal, 1/4c. v, CHO 9g Green Beans 18 cal, 1/2c. v, CHO 6g Lunch Bunch Grapes 80 cal, 1/2c. f, CHO 26g 590 cal
8 WG Cheese Enchilada 370 cal, 2 oz. m/a, 2 g/b, CHO 34g Black Beans 110 cal, 1/2 c. v, CHO 10g Whole Kernel Corn 33 cal, 1/4c. v, CHO 8g Diced Peaches 60 cal, 1/2c. f, CHO 14g 693 cal	9 <u>Breakfast Tuesday</u> WG Cinnamon Glaze French Toast 230 cal, 2 g/b, 1 oz. m/a, CHO 31g Grilled Egg Patty 45 cal, 1 oz. m/a, CHO 1g Ham Steak 60 cal, 1 oz. m/a, CHO 1g Romaine and Spinach Salad w/Ranch Dressing 47 cal, 1c. v = 1/2 credit, CHO 2g Green Beans 9 cal, 1/4c. v, CHO 3g Diced Pears 60 cal, 1/2c. f, CHO 16g 571 cal	10 <u>¿Chicken Nugget Wednesday ?</u> WG Bat Shaped Chick'n Nuggets 4 pcs. 180 cal, 2 oz. m/a, 1 g/b, CHO 16g Potato Smiles 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 553 cal	11 <u>Pizza Thursday</u> Pepperoni Pizza Sliders 343 cal, 2 oz. m/a, 2 g/b, 1/8c. v, CHO 30g Baked Tostitos Scoops 120 cal, 1 g/b, CHO 22g NEW Salsa 29 cal, 1/2c. v, CHO 7g Tomato Soup 33 cal, 1/4c. v, CHO 8g Sliced Apples 34 cal, 1/2c. f, CHO 8g 679 cal	12 Burger King Hamburger French Fries Granola Bar Fruit Cup Milk 590 cal

NATIONAL SCHOOL LUNCH WEEK: October 15- 19, 2018

15 WG Fish Treasures 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 Seasoned Spiral Potatoes w/Ketchup 100 cal, 1/2c. v, CHO 17g Whole Kernel Corn 33 cal, 1/4c. v, CHO 8g Applesauce w/Strawberries 70 cal, 1/2c. f, CHO 19g 633 cal	16 <u>Breakfast Tuesday</u> WG Pancake Sausage on a Stick 202 cal, 1 oz. m/a, 1.5 g/b, CHO 25g Hard Boiled Egg (Pasteurized) 70 cal, 1 oz. m/a, CHO 1g Jicama w/Tajin 26 cal, 1/2c. v, CHO 11g Green Beans 9 cal, 1/4c. v, CHO 3g Raisels 80 cal, 1/2c. f, CHO 22g 507 cal	17 WG 3.5" Bacon Cheeseburger w/Ketchup & Mustard Packet 260 cal, 2 oz. m/a, 2 g/b, CHO 31g Ranch Style Beans 103 cal, 1/2c. v, CHO 18g Romaine and Spinach Salad w/Ranch Dressing 41 cal, 1/2c. v = 1/4 credit, CHO 2g Jell-O Pear Fruit Cup 72 cal, 1/2c. f, CHO 19g 596 cal	18 <u>Pizza Thursday</u> Domino's Smart Slice Pepperoni Pizza (8 Slc) 250 cal, 2 m/a, 2 g/b, v, CHO 40g Bunny Luv Carrots w/Ranch Dressing 70 cal, 1/2c. v, CHO 4g Tomato Soup 33 cal, 1/4c. v, CHO 8g Apple Slices 34 cal, 1/2c. f, CHO 8g 497 cal	19 NEW Breaded Porkchop 5 oz. 200 cal, 2 m/a, 1 g/b CHO 17g Whole Grain Dinner Roll 90 cal, 1 g/b, CHO 16g Cooked Broccoli 27 cal, 1/2c. v, CHO 6g Vegetarian Beans 60 cal, 1/4c. v, CHO 13g Banana 105 cal, 1/2c. f, CHO 27g 602 cal
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NATIONAL RED RIBBON WEEK: October 23 - 31, 2018

22 Orange Chicken 90 cal, 2 oz. m/a, CHO 6g Brown Rice 108 cal, 1 g/b, CHO 22g Peas & Carrots 25 cal, 1/2c. v, CHO 5g Whole Kernel Corn 33 cal, 1/4c. v, CHO 8g Diced Apricots 60 cal, 1/2c. f, CHO 16g 654 cal	23 <u>Breakfast Tuesday</u> WG Sweet Potato Cinnamon Roll 250 cal, 2 g/b, CHO 43g Grilled Egg Patty 45 cal, 1 oz. m/a, CHO 1g Sausage Patty 60 cal, 1 oz. m/a, CHO 1g Roasted Butternut Squash 41 cal, 1/2c. v., CHO 11g Green Beans 9 cal, 1/4c. v, CHO 3g Farm Fresh Orange Wedges 62 cal, 1/2c. f, CHO 15g 587 cal	24 WG Hot Dog w/Ketchup & Mustard Packet 260 cal, 2 oz. m/a, 2 g/b, CHO 31g Broccoli 26 cal, 1/2c. v, CHO 5g Romaine and Spinach Salad w/Ranch Dressing 41 cal, 1/2c. v = 1/4 credit, CHO 2g Banana 105 cal, 1/2c. f, CHO 27g 552 cal	25 <u>Pizza Thursday</u> NEW WG Pinwheel RF Pepperoni 280 cal, 2 g/b, 2 oz. m/a, CHO 28g Sweet Potato Fries 90 cal, 1/2c. v, CHO 15g Tomato Soup 33 cal, 1/4c. v, CHO 8g Jell-O Pear Fruit Cup 72 cal, 1/2c. f, CHO 19g 595 cal	26 <u>Manager Special</u> Turkey Corn Dog Bites (6) w/Ketchup & Mustard Packet 300 cal, 2 oz. m/a, 1.75 g/b, CHO 28g Vegetarian Beans 119 cal, 1/2c. v, CHO 27g Chickpea Salad 83 cal, 1/4c. v, CHO 14g Sliced Apples 34 cal, 1/2c. f, CHO 8g 656 cal
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29 WG Mac & Cheese 6 oz. 295 cal, 2 oz. m/a, 1 g/b, CHO 31g Cooked Broccoli 27 cal, 1/2c. v, CHO 6g Whole Kernel Corn 33 cal, 1/4c. v, CHO 8g Mixed Fruit 60 cal, 1/2c. f, CHO 17g 535 cal	30 <u>Breakfast Tuesday</u> WG Pancakes w/Syrup 160 cal, 1 g/b, CHO 27g Sliced Ham 37 cal, 1 oz. m/a, CHO 2g Colby Cheese Omelet 110 cal, 2 oz. m/a, CHO 1g Bunny Luv Carrots w/Ranch Dressing 70 cal, 1/2c. v, CHO 4g Green Beans 9 cal, 1/4c. v, CHO 3g Mandarin Orange 58 cal, 1/2c. f, CHO 14g 564 cal	31 WG Spaghetti w/Meat Sauce 322 cal, 2 m/a, 3/8c. v, CHO 34g WG Aloha Dinner Roll 90 cal, 1g/b, CHO 16g Green Beans 18 cal, 1/2c. v, CHO 6g Romaine and Spinach Salad w/Ranch Dressing 41 cal, 1/2c. v = 1/4 credit, CHO 2g Pumpkin Shaped Cookie 120 cal, 3/4 g/b, CHO 16g SideKick 100% Fruit Juice 80 cal, 1/2c. f, CHO 20g 791 cal	ALTERNATE MEALS available daily Yogurt Parfait 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 		WG Uncrustable Sandwich w/ Peanut Butter & Jelly 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
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