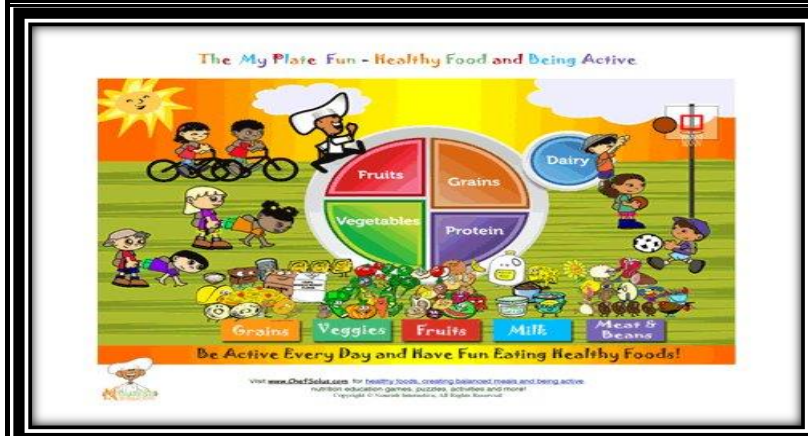


Pearl Preparatory School

December 2018 Lunch Menu

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



HARVEST OF THE MONTH (HOTM)

BROCCOLI



Reasons to Eat Broccoli:

Broccoli has twice the vitamin C of an orange, almost as much as calcium as whole milk with a better rate of absorption, and contains anti-cancer and anti-viral properties with its selenium content.



<p>3</p> <p>Grilled Cheese Sandwich 280 cal, 2 oz. m/a, 2 g/b, CHO 41g Tomato Soup 66 cal, 1/2c. v, CHO 16g Seasoned Baby Lima Beans 48 cal, 1/4c. v, CHO 5g Mixed Fruit 80 cal, 1/2c. f, CHO 17g</p> <p style="text-align: center;"><i>594 cal</i></p>	<p>4</p> <p>Breakfast Tuesday 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 Rounds 100 cal, 1/2c. v, CHO 16g Peas and Carrots 13 cal, 1/4c. v, CHO 3g Farm Fresh Orange Wedges 62 cal, 1/2c. f, CHO 15g</p> <p style="text-align: center;"><i>645 cal</i></p>	<p>5</p> <p>NEW WG Beef Tacos 257 cal, 2 oz. m/a, 2 g/b CHO 28g NEW Salsa Cup 20 cal, 1/4c. v, CHO 4g WG Brown Rice 108 cal, 1 g/b, CHO 22g Black Beans 114 cal, 1/2c. v, CHO 22g Whole Kernel Corn 33 cal, 1/4c. v, CHO 8g Sliced Apples 34 cal, 1/2c. f, CHO 8g</p> <p style="text-align: center;"><i>686 cal</i></p>	<p>6</p> <p>Pizza Thursday NEW WG Pinwheel Pizza with RF Pepperoni 280 cal, 2 g/b, 2 oz. m/a, CHO 28g Broccoli (HOTM) 26 cal, 1/2c. v, CHO 5g Veggie Soup 33 cal, 1/4c. v, CHO 8g NEW Mixed Berry fruit Cup 90 cal, 1/2c. f, CHO 20g</p> <p style="text-align: center;"><i>525 cal</i></p>	<p>7</p> <p>Manager Special WG Chicken Sandwich w/Ketchup & Mustard Packet 320 cal, 2.5 g/b, 2 oz. m/a, CHO 39g Green Beans 18 cal, 1/2c. v, CHO 6g Cooked Carrot Coins 9 cal, 1/4c. v, CHO 2g Pear 51 cal, 1/2c. f, CHO 13g</p> <p style="text-align: center;"><i>518 cal</i></p>
<p>10</p> <p>WG Bean & Cheese Burrito 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 Seasoned Baby Lima Beans 48 cal, 1/4c. v, CHO 5g Strawberry Fruit Cup 90 cal, 1/2c. f, CHO 22g</p> <p style="text-align: center;"><i>587 cal</i></p>	<p>11</p> <p>Breakfast Tuesday WG Cinnamon Glaze French Toast 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 Peas and Carrots 13 cal, 1/4c. v, CHO 3g Diced Pears 60 cal, 1/2c. f, CHO 16g</p> <p style="text-align: center;"><i>593 cal</i></p>	<p>12</p> <p>¿Chicken Nugget Wednesday ? WG Tree Shaped Chick'n Nuggets 4 pcs. 180 cal, 2 oz. m/a, 1 g/b, CHO 16g NEW Emoticon Potatoes w/Ketchup 140 cal, 1/2c. v, CHO 15g Whole Kernel Corn 33 cal, 1/4c. v, CHO 8g Farm Fresh Orange Wedges 62 cal, 1/2c. f, CHO 15g</p> <p style="text-align: center;"><i>535 cal</i></p>	<p>13</p> <p>Pizza Thursday Domino's Smart Slice Pepperoni Pizza (8 Slc) 250 cal, 2 m/a, 2 g/b, v, CHO 40g Roasted Butternut Squash 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</p> <p style="text-align: center;"><i>598 cal</i></p>	<p>14</p> <p>WG Chili Mac 6 oz. 215 cal, 2 oz. m/a, 2 g/b, CHO 16g WG Three Cheese Breadstix 130 cal, 1 1/2 g/b, CHO 23g Broccoli (HOTM) 26 cal, 1/2c. v, CHO 5g Cooked Carrot Coins 9 cal, 1/4c. v, CHO 2g Banana 105 cal, 1/2c. f, CHO 27g</p> <p style="text-align: center;"><i>605 cal</i></p>
<p>17</p> <p>WG Bean & Cheese Tamale 347 cal, 2 g/b, 2 oz. m/a, CHO 56g Bunny Luv Carrots w/Ranch Dressing 70 cal, 1/2c. v, CHO 4g Seasoned Baby Lima Beans 48 cal, 1/4c. v, CHO 5g Applesauce & Blueberries 46 cal, 1/2c. f, CHO 12g</p> <p style="text-align: center;"><i>631 cal</i></p>	<p>18</p> <p>Breakfast Tuesday WG Pancakes w/Syrup 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 18 cal, 1/2c. v, CHO 4g Peas and Carrots 13 cal, 1/4c. v, CHO 3g NEW Apricot Fruit Cup 90 cal, 1/2c. f, CHO 20g</p> <p style="text-align: center;"><i>617 cal</i></p>	<p>19</p> <p>WG Cheeseburger w/Ketchup & 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 Whole Kernel Corn 33 cal, 1/4c. v, CHO 8g Farm Fresh Apple 51 cal, 1/2c. f, CHO 13g</p> <p style="text-align: center;"><i>608 cal</i></p>	<p>20</p> <p>Pizza Thursday WG Galaxy Pepperoni Pizza 290 cal, 2 oz. m/a, 2 g/b, 1/8c. v, CHO 37g Sweet Potato Fries 90 cal, 1/2c. v, CHO 15g Tomato Soup 33 cal, 1/4c. v, CHO 8g Banana 105 cal, 1/2c. f, CHO 27g</p> <p style="text-align: center;"><i>638 cal</i></p>	<p>21</p> <p>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 Broccoli (HOTM) 27 cal, 1/2c. v, CHO 6g Baked Cinnamon Apple 35 cal, 1/2c. f, CHO 9g Tree Cookie 160 cal, 3/4 g/b, CHO 17g</p> <p style="text-align: center;"><i>620 cal</i></p>

Christmas Vacation

[Empty space for Christmas Vacation]

<p>31</p> <p>Christmas Vacation No School (12/24/2018 - 01/04/2019)</p>	<p style="text-align: center;">ALTERNATE MEALS <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 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>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</p>	
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