

# Pearl Preparatory School

## January 2019 Lunch Menu

Milk 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>1</p> <p><b>HARVEST OF THE MONTH</b></p> 	<p>2</p> 	<p>3</p> <p><b>ALTERNATE MEALS</b> available daily</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>4</p> <p><b>WG Uncrustable Sandwich 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 Mened Fruit 34--105 cal, 1/2c. f, CHO 27g</p>
<p><b>Christmas Break 12/22/18 - 1/6/19 - No School</b></p>				
<p>7</p> <p><b>RF Mac &amp; Cheese 6 oz.</b> 290 cal, 2 oz. m/a, 1 g/b, CHO 31g Italian Breadstix 130 cal, 1 1/2 g/b, CHO 23g Broccoli 26 cal, 1/2c. v, CHO 5g Green Peas 16 cal, 1/4c. v, CHO 3g Rosy Applesauce 51 cal, 1/2c. f, CHO 16g</p> <p style="text-align: center;"><b>633 cal</b></p>	<p>8</p> <p><b>Breakfast Tuesday</b> <b>WG Pancakes w/Syrup</b> 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 Jicama w/Tajin 26 cal, 1/2c. v, CHO 11g 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;"><b>526 cal</b></p>	<p>9</p> <p><b>WG Orange Chicken</b> 90 cal, 2 oz. m/a, CHO 6g Brown Rice 108 cal, 1 g/b, CHO 22g Green Beans 18 cal, 1/2c. v, CHO 6g Fortune Cookie 10 cal, 0 g/b, CHO 2g Romaine and Spinach Salad w/Ranch Dressing 47 cal, 1c. v = 1/2 Credit, CHO 2g Apple Slices 34 cal, 1/2c. f, CHO 8g</p> <p style="text-align: center;"><b>427 cal</b></p>	<p>10</p> <p><b>Pizza Thursday</b> <b>WG Pep Pizza 4x6</b> 300 cal, 2 g/b, 2 oz. m/a, CHO 40g Bunny Luv Carrots w/Ranch Dressing 70 cal, 1/2c. v, CHO 4g Tomato Soup 65 cal, 1/2c. v, CHO 11g Blueberries 40 cal, 1/2c. f, CHO 9g</p> <p style="text-align: center;"><b>595 cal</b></p>	<p>11</p> <p><b>WG Corn Dog</b> 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 Chickpea Salad 83 cal, 1/4c. v, CHO 14g 100% Orange Juice 56 cal, 1/2c. f, CHO 15g</p> <p style="text-align: center;"><b>613 cal</b></p>
<p>14</p> <p><b>WG Fish Treasures 4 Pcs.</b> W/Ketchup 190 cal, 2 oz. m/a, 1 1/4 g/b CHO 17g WG Dinner Roll 90 cal, 1g/b, CHO 16g Potato Smiles 140 cal, 1/2c. v, CHO 23g Green Peas 16 cal, 1/4c. v, CHO 3g Mixed Fruit 60 cal, 1/2c. f, CHO 17g</p> <p style="text-align: center;"><b>616 cal</b></p>	<p>15</p> <p><b>Breakfast Tuesday</b> <b>WG Pancake and Sausage on a Stick</b> 202 cal, 1 oz. m/a, 1.5 g/b, CHO 23g Colby Cheese Omelet 110 cal, 2 oz. m/a, CHO 1g Vegetarian Beans 110 cal, 1/2c. v, CHO 10g Whole Kernel Corn 33 cal, 1/4c. v, CHO 8g <b>NEW</b> Mixed Berry fruit Cup 90 cal, 1/2c. f, CHO 20g</p> <p style="text-align: center;"><b>665 cal</b></p>	<p>16</p> <p><b>Chicken Nugget Wednesday?</b> <b>WG Football Chk'n Nuggets 4 pcs.</b> 180 cal, 2 oz. m/a, 1 g/b, CHO 16g <b>NEW</b> Emoticon Potatoes w/Ketchup 140 cal, 1/2c. v, CHO 15g Romaine and Spinach Salad w/Ranch Dressing 47 cal, 1c. v = 1/2 Credit, CHO 2g Farm Fresh Orange Wedges 62 cal, 1/2c. f, CHO 15g</p> <p style="text-align: center;"><b>549 cal</b></p>	<p>17</p> <p><b>Pizza Thursday</b> <b>Domino's Smart Slice Pepperoni Pizza (8 Slc)</b> 250 cal, 2 m/a, 2 g/b, v, CHO 40g Broccoli 26 cal, 1/2c. v, CHO 5g Tomato Soup 65 cal, 1/2c. v, CHO 11g Banana 105 cal, 1/2c. f, CHO 27g</p> <p style="text-align: center;"><b>566 cal</b></p>	<p>18</p> <p><b>Manager Special</b> <b>WG Chili Cheese Dog</b> 335 cal, 2oz m/a, 2 g/b, CHO 31g <b>Sweet Potato Fries-HOTM</b> 150 cal, 1/2c. v, CHO 19g Chickpea Salad 83 cal, 1/4c. v, CHO 14g Farm Fresh Apple 35 cal, 1/2c. f, CHO 9g</p> <p style="text-align: center;"><b>723 cal</b></p>
<p>21</p> <p><b>Dr. Martin Luther King Jr. Holiday</b> <b>No School</b></p> 	<p>22</p> <p><b>Breakfast Tuesday</b> <b>WG Pancakes w/Syrup</b> 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 Green Beans 18 cal, 1/2c. v, CHO 6g Whole Kernel Corn 33 cal, 1/4c. v, CHO 8g 100% Orange Juice 56 cal, 1/2c. f, CHO 15g</p> <p style="text-align: center;"><b>538 cal</b></p>	<p>23</p> <p><b>WG Chili Mac 6 oz.</b> 296 cal, 2 oz. m/a, 1/2 g/b, CHO 26g Cooked Broccoli 27 cal, 1/2c. v, CHO 6g Romaine and Spinach Salad w/Ranch Dressing 47 cal, 1c. v = 1/2 Credit, CHO 2g Orange Applesauce 52 cal, 1/2c. f, CHO 14g</p> <p style="text-align: center;"><b>662 cal</b></p>	<p>24</p> <p><b>Pizza Thursday</b> <b>WG Cheese Pizza Sliders</b> 343 cal, 2 g/b, 2 oz. m/a, CHO 30g Tomato Soup 65 cal, 1/2c. v, CHO 11g Bunny Luv Carrots w/Ranch Dressing 70 cal, 1/2c. v, CHO 4g Jell-O Blueberry Fruit Cup 62 cal, 1/2c. f, CHO 16g</p> <p style="text-align: center;"><b>660 cal</b></p>	<p>25</p> <p><b>WG Bean &amp; Cheese Burrito</b> w/Taco Sauce Packet 291 cal, 2 oz. m/a, 2 g/b, CHO 41g Black Beans 114 cal, 1/2c. v, CHO 22g Chickpea Salad 83 cal, 1/4c. v, CHO 14g Mixed Fruit 68 cal, 1/2c. f, CHO 18g</p> <p style="text-align: center;"><b>676 cal</b></p>
<p>28</p> <p><b>Little Ceasar's Pizza</b> Chips Granola Bar Fruit Cup Milk</p>	<p>29</p> <p><b>Breakfast Tuesday</b> Buttered Wheat Toast w/One Jelly Packet 105 cal, 1 g/b, CHO 22g <b>Bacon</b> 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 Whole Kernel Corn 33 cal, 1/4c. v, CHO 8g SideKick 100% Juice 80 cal, 1/2c. f, CHO 20g</p> <p style="text-align: center;"><b>565 cal</b></p>	<p>30</p> <p><b>WG 3.5" Cheeseburger</b> w/Ketchup &amp; Mustard Packets 314 cal, 2.5 oz. m/a, 2 g/b, CHO 41g Ranch Style Beans 103 cal, 1/2c. v, CHO 18g Romaine and Spinach Salad w/Ranch Dressing 47 cal, 1c. v = 1/2 Credit, CHO 2g Mixed Fruit 60 cal, 1/2c. f, CHO 17g</p> <p style="text-align: center;"><b>644 cal</b></p>	<p>31</p> <p><b>Pizza Thursday</b> <b>Galaxy Pepperoni Pizza</b> 290 cal, 2 oz. m/a, 2 g/b, 1/8c. v, CHO 37g Baked Tostitos Scoops 120 cal, 1 g/b, CHO 22g <b>NEW</b> Salsa Cup 20 cal, 1/4c. v, CHO 4g Tomato Soup 65 cal, 1/2c. v, CHO 11g Pineapple Tidbits 69 cal, 1/2c. f, CHO 18g</p>	