



Pearl Preparatory School

March 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>Harvest of the Month - Carrots</p>  		<p>ALTERNATE MEALS available daily</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 Menueed Fruit 34--105 cal, 1/2c. f, CHO 27g</p>		<p>1</p> <p>Chicken Alfredo Pasta 201 cal, 1 g/b, 2 oz. m/a, 1/4c. v (G) CHO 23g WG Cornbread Loaf 230 cal, 2g/b, CHO 36g Chickpea Salad 83 cal, 1/4c. v, CHO 14g Jell-O Blueberry Fruit Cup 62 cal, 1/2c. f, CHO 16g Green Egg Cookie 120 cal, .75 g/b, CHO 16g</p> <p>816 cal</p>
<p>4</p> <p>WG Bean & Cheese Burrito w/Taco Sauce Packet 291 cal, 2 oz. m/a, 2 g/b, CHO 41g Bunny Luv Carrots w/Ranch Packet 70 cal, 1/2c. v, CHO 4g (HOTM) Whole Kernel Corn 33 cal, 1/4c. v, CHO 8g Mixed Fruit 68 cal, 1/2c. f, CHO 18g</p> <p>582 cal</p>	<p>5</p> <p>Breakfast Tuesday Buttered Wheat Toast w/One Jelly Packet 105 cal, 1 g/b, CHO 22g Sausage Patty 60 cal, 1 oz. m/a, CHO 1g Colby Cheese Skillet Omelet 110 cal, 2 oz. m/a, CHO 1g Green Peas 62 cal, 1/2c. v, CHO 12g Mixed Vegetables 30 cal, 1/4c. v, CHO 6g Diced Apricot 60 cal, 1/2c. f, CHO 16g</p> <p>547 cal</p>	<p>6</p> <p>WG Fish Treasures 4 pcs. 190 cal, 2 oz. m/a, 1 1/4 g/b, CHO 17g Potato Smiles w/Ketchup 140 cal, 1/2c. v, CHO 15g Romaine and Spinach Salad w/Ranch Dressing 47 cal, 1/2c. v = 1/4 Credit, CHO 2g</p> <p>497 cal</p>	<p>7</p> <p>Pizza Thursday WG Cheese Pizza Sliders 343 cal, 2 g/b, 2 oz. m/a, CHO 30g Broccoli 26 cal, 1/2c. v, CHO 5g Tomato Soup 33 cal, 1/4c. v, CHO 6g Banana 105 cal, 1/2c. f, CHO 19g</p> <p>627 cal</p>	<p>8</p> <p>Little Ceasar's Pizza Chips Granola Bar Go-GURT Milk</p>
<p>11</p> <p>NEW Macaroni and Cheese 290 cal, 2 oz. m/a, 1 g/b, CHO 31g WG Dinner Roll 90 cal, 1g/b, CHO 16g Cooked Green Beans 18 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</p> <p>611 cal</p>	<p>12</p> <p>Breakfast Tuesday Cinnamon French Toast 230 cal, 2 g/b, 1 oz. m/a, CHO 32g Hard Boiled Egg (Pasteurized) 70 cal, 1 oz. m/a, CHO 1g Turkey Ham Steaks 82 cal, 2oz. m/a, CHO 2g Bunny Luv Carrots w/Ranch Packet 70 cal, 1/2c. v, CHO 4g (HOTM) Mixed Vegetables 30 cal, 1/4c. v, CHO 6g Apple Slices 34 cal, 1/2c. f, CHO 8g</p> <p>636 cal</p>	<p>13</p> <p>¿Chicken Nugget Wednesday ? ABC Chik'n Nuggets 4 pcs. 180 cal, 2 oz. m/a, 1 g/b, CHO 16g Savory Fries 150 cal, 1/2c. v, CHO 19g Romaine and Spinach Salad w/Ranch Dressing 47 cal, 1/2c. v = 1/4 Credit, CHO 2g Side Kick 100% Juice 80 cal, 1/2c. f, CHO 20g</p> <p>577 cal</p>	<p>14</p> <p>Pizza Thursday Domino's Smart Slice Pepperoni Pizza (8 Slc) 250 cal, 2 m/a, 2 g/b, v, CHO 40g Baked Tostitos Scoops 120 cal, 1 g/b, CHO 22g Salsa 40 cal, 1/2c. v, CHO 8g Tomato Soup 33 cal, 1/4c. v, CHO 6g Applesauce Cup 51 cal, 1/2c. f, CHO 14g, 4.5 Oz.</p> <p>614 cal</p>	<p>15</p> <p>WG Bean/Chili/Cheese Tamale 363 cal, 2 oz. m/a, 2 g/b, CHO 56g Black Beans w/Mozzarella Cheese 114 cal, 1/2c. v, CHO 22g Whole Kernel Corn 33 cal, 1/4c. v, CHO 8g Diced Peaches 68 cal, 1/2c. f, CHO 18g</p> <p>698 cal</p>
<p>18</p> <p>WG Orange Chicken 90 cal, 2 oz. m/a, CHO 6g Brown Rice 108 cal, 1 g/b, CHO 22g Whole Kernel Corn 33 cal, 1/4c. v, CHO 8g Green Applesauce 46 cal, 1/2c. f, CHO 12g</p> <p>630 cal</p>	<p>19</p> <p>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 Rounds 130 cal, 1/2c. v, CHO 15g Mixed Vegetables 30 cal, 1/4c. v, CHO 6g Mixed Fruit 68 cal, 1/2c. f, CHO 18g</p> <p>660 cal</p>	<p>20</p> <p>WG Beef Taco 276 cal, 1.5 g/b, 2 oz. m/a, CHO 21g Ranch Style Beans 130 cal, 1/2c. v, CHO 20g NEW Salsa Cup* 20 cal, 1/4c. v, CHO 4g Romaine and Spinach Salad w/Ranch Dressing 47 cal, 1/2c. v = 1/4 Credit, CHO 2g Dried Cranberries 110 cal, 1/2c. f, CHO 28g</p> <p>703 cal</p>	<p>21</p> <p>Pizza Thursday WG Galaxy Pepperoni Pizza 290 cal, 2 oz. m/a, 2 g/b, 1/8c. v, CHO 37g Romaine and Spinach Salad w/Ranch Dressing 47 cal, 1c. v = 1/2 Credit, CHO 2g Tomato Soup 33 cal, 1/4c. v, CHO 6g Banana 105 cal, 1/2c. f, CHO 19g</p> <p>595 cal</p>	<p>22</p> <p>Burger King Chicken Nuggets French Fries Granola Bar Fruit Cup Milk</p>
<p>25</p> <p>HS Grilled Cheese Sandwich 360 cal, 2 oz. m/a, 2 g/b, CHO 30g Vegetable Soup 50 cal, 1/2c. v, CHO 8g Whole Kernel Corn 33 cal, 1/4c. v, CHO 8g Diced Peaches 68 cal, 1/2c. f, CHO 18g</p> <p>631 cal</p>	<p>26</p> <p>Breakfast Tuesday WG Belgian Waffle Stix w/Syrup Packet 156 cal, 1 g/b, CHO 35g WG Chicken Nuggets (5 Pcs.) 190 cal, 2 oz. m/a, 1 g/b, CHO 11g Cooked Seasoned Carrots (HOTM) 87 cal, 1/2c. v, CHO 4g Mixed Vegetables 30 cal, 1/4c. v, CHO 6g 100% Fruit Punch Juice 60 cal, 1/2c. f, CHO 15g</p> <p>643 cal</p>	<p>27</p> <p>Oven Roasted Chicken 100 cal, 2 oz. m/a, CHO 30g WG Cornbread Loaf 230 cal, 2g/b, CHO 36g Broccoli 26 cal, 1/2c. v, CHO 5g Romaine and Spinach Salad w/Ranch Dressing 47 cal, 1/2c. v = 1/4 Credit, CHO 2g Banana 105 cal, 1/2c. f, CHO 27g</p> <p>628 cal</p>	<p>28</p> <p>Pizza Thursday Turkey Pepperoni Pizza WG 4 x 6 280 cal, 2 oz. m/a, 2 g/b, 1/8c. v, CHO 48g Bunny Luv Carrots w/Ranch Packet 70 cal, 1/2c. v, CHO 4g (HOTM) Tomato Soup 33 cal, 1/4c. v, CHO 6g SideKick 100% Juice 80 cal, 1/2c. f, CHO 20g</p> <p>583 cal</p>	<p>29</p> <p>Burger King Hamburger French Fries Granola Bar Fruit Cup Milk</p>