

# Pearl Preparatory School

## April 2019 Lunch Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>Taco Bell Bean &amp; Cheese Burritos</b> Chips Fruit Cup Fruit Snacks Milk	2 <b><u>Breakfast Tuesday</u></b> <b>Jack in the Box Mini Pancakes</b> Go-GURT Fruit Cup Granola Bar Milk	3 <b>Burger King Chicken Nuggets</b> Fries Fruit Cup Fruit Snacks Milk	4 <b><u>Pizza Thursday</u></b> <b>Little Ceasar's Pizza</b> Chips Go-GURT Granola Bar Milk	5 <b>Burger King Burgers</b> Fries Fruit Cup Fruit Snack Milk
8 <b>Grilled Cheese Sandwich</b> 280 cal, 2 oz. m/a, 2 g/b, CHO 41g <b>Tomato Soup</b> 66 cal, 1/2c. v, CHO 16g <b>Green Peas</b> 31 cal, 1/4c. v, CHO 8g <b>Mixed Fruit</b> 80 cal, 1/2c. f, CHO 17g  <i>577 cal</i>	9 <b><u>Breakfast Tuesday</u></b> <b>WG Mini Strawberry Pancakes</b> 220 cal, 2 g/b, CHO 40g <b>Hard Boiled Egg (Pasteurized)</b> 70 cal, 1 oz. m/a, CHO 1g <b>Sausage Patty</b> 60 cal, 1 oz. m/a, CHO 1g <b>Hash Brown Potatoes</b> 135 cal, 1/4c. v, CHO 15g <b>Green Beans</b> 18 cal, 1/2c. v, CHO 6g <b>Farm Fresh Orange Wedges</b> 62 cal, 1/2c. f, CHO 15g  <i>685 cal</i>	10 <b>WG Breaded Chicken</b> 190 cal, 2 oz., .75 g/b, CHO 5g <b>WG Brown Rice</b> 108 cal, 1 g/b, CHO 22g <b>Black Beans</b> 114 cal, 1/2c. v, CHO 22g <b>Broccoli</b> 14 cal, 1/4c. v, CHO 3g <b>Sliced Apples</b> 34 cal, 1/2c. f, CHO 8g  <i>580 cal</i>	11 <b><u>Pizza Thursday</u></b> <b>Turkey Pepperoni Pizza WG 4 x 6</b> 280 cal, 2 oz. m/a, 2 g/b, 1/8c. v, CHO 48g <b>Bunny Luv Carrots w/Ranch Packet</b> 70 cal, 1/2c. v, CHO 4g <b>Romaine Spinach Salad w/Ranch Dressing</b> 70 cal, 1/2c. v, CHO 4g <b>Banana</b> 105 cal, 1/2c. f, CHO 27g  <i>525 cal</i>	12 <b>WG Chili Mac 6 oz.</b> 215 cal, 2 oz. m/a, 2 g/b, CHO 16g <b>WG Three Cheese Breadstix</b> 130 cal, 1 1/2 g/b, CHO 23g <b>Peas and Carrots</b> 25 cal, 1/2c. v, CHO 5g <b>Chickpea Salad</b> 83 cal, 1/4c. v, CHO 14g <b>Farm Fresh Orange Wedges</b> 62 cal, 1/2c. f, CHO 15g  <i>635 cal</i>
15	16	17	18	19   0  <i>528 cal</i>
<b>Easter Vacation: No School April 15th-19th</b>				
22 <b>WG Bean &amp; Cheese Tamale</b> 347 cal, 2 g/b, 2 oz. m/a, CHO 56g <b>Romaine Spinach Salad w/Ranch Dressing</b> 70 cal, 1/2c. v, CHO 4g <b>Green Peas</b> 31 cal, 1/4c. v, CHO 8g <b>Applesauce &amp; Strawberries</b> 35 cal, 1/2c. f, CHO 12g  <i>603 cal</i>	23 <b><u>Breakfast Tuesday</u></b> <b>WG Pancakes w/Syrup</b> 206 cal, 2 g/b, CHO 6g <b>Colby Cheese Omelet</b> 110 cal, 2 oz. m/a, CHO 1g <b>Sausage Patty</b> 60 cal, 1 oz. m/a, CHO 1g <b>Sliced Cucumber w/Tajin - HOTM</b> 18 cal, 1/2c. v, CHO 4g <b>Green Beans</b> 9 cal, 1/4c. v, CHO 3g <b>Side Kick 100% Juice</b> 80 cal, 1/2c. f, CHO 20g  <i>603 cal</i>	24 <b>WG Cheeseburger w/Ketchup &amp; Mustard Packets</b> 300 cal, 2 oz. m/a, 1 1/2 g/b, CHO 46g <b>Ranch Style Beans</b> 104 cal, 1/2c. v, CHO 9g <b>Broccoli</b> 14 cal, 1/4c. v, CHO 3g <b>Farm Fresh Orange Wedges</b> 62 cal, 1/2c. f, CHO 15g  <i>600 cal</i>	25 <b><u>Pizza Thursday</u></b> <b>WG Galaxy Pepperoni Pizza</b> 290 cal, 2 oz. m/a, 2 g/b, 1/8c. v, CHO 37g <b>Sweet Potato Fries</b> 90 cal, 1/2c. v, CHO 15g <b>Bunny Luv Carrots w/Ranch Dressing</b> 70 cal, 1/2c. v, CHO 4g <b>Banana</b> 105 cal, 1/2c. f, CHO 27g  <i>675 cal</i>	26 <b>HS Turkey &amp; Gravy 5 oz.</b> 120 cal, 2 m/a, CHO 5g <b>Whole Grain Dinner Roll</b> 90 cal, 1 g/b, CHO 16g <b>Mashed Potatoes</b> 136 cal, 1/2c. v, CHO 22g <b>Broccoli</b> 27 cal, 1/2c. v, CHO 6g <b>Baked Cinnamon Apple</b> 35 cal, 1/2c. f, CHO 9g  <i>528 cal</i>
29 <b>WG Fish Treasures w/Tartar Sauce</b> 210 cal, 2 oz. m/a, 1 1/4 g/b CHO 18g <b>WG Dinner Roll</b> 90 cal, 1g/b, CHO 16g <b>Potato Smiles w//Ketchup</b> 140 cal, 1/2c. v, CHO 23g <b>Green Peas</b> 31 cal, 1/4c. v, CHO 8g <b>Blueberries</b> 46 cal, 1/2c. f, CHO 12g  <i>637 cal</i>	30 <b><u>Breakfast Tuesday</u></b> <b>WG Cinnamon Glaze French Toast</b> 230 cal, 2 g/b, 1 oz. m/a, CHO 31g <b>Ham Steak</b> 60 cal, 1 oz. m/a, CHO 1g <b>Vegetarian Beans</b> 110 cal, 1/2c. v, CHO 10g <b>Green Beans</b> 9 cal, 1/4c. v, CHO 3g <b>Diced Pears</b> 60 cal, 1/2c. f, CHO 16g		<b><u>ALTERNATE MEALS</u></b> <i>available daily</i>  <b>Yogurt Parfait</b> w/ Fruit and WG Granola 332 cal, 1 oz.m/a, 1g.b, 1/2 c f CHO 71g <b>String Cheese</b> 80 cal, 1 oz. m/a, CHO 1g <b>Celery Stix w/Peanut Butter</b> 30+167 cal, 3/4 c. v, 1 oz m/a, CHO 8g	
		<b>WG Uncrustable Sandwich w/ Peanut Butter &amp; Jelly</b> 210 cal, 1 oz.m/a, 1g.b, CHO 28g <b>String Cheese</b> 80 cal, 1 oz. m/a, CHO 1g <b>Celery Stix w/Peanut Butter</b> 30+167 cal, 3/4 c. v, 1 oz m/a, CHO 8g <b>Daily Menued Fruit</b> 34--105 cal, 1/2c. f, CHO 27g		