

# Pearl Preparatory School

## May 2019 Lunch Menu

Milk Offered Daily with Breakfast and Lunch; 1% Unflavored 120 cal, CHO 14g & Non-Fat Flavored 120 cal, CHO 22g All Grains are Whole Grains

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Harvest of the Month - Strawberries</b></p>  <p>Strawberries are an Excellent Source of <b>Vitamin C</b> (100 g Provide 58.8 mg or about 98% of RDI), Which is Also a Powerful Natural Antioxidant. Consumption of Fruits Rich in Vitamin C Helps the Body Develop Resistance Against Infectious Agents, Counter Inflammation and Scavenge Harmful Free Radicals</p>		<p><b>May 1</b></p> <p><b>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> 26 cal, 1/2c. v, CHO 5g <b>Sliced Apples</b> 34 cal, 1/2c. f, CHO 8g</p> <p style="text-align: center;"><b>592 cal</b></p>	<p><b>Pizza Thursday</b> <b>Turkey Pepperoni Pizza 4 x 6</b> 280 cal, 2 oz. m/a, 2 g/b, 1/8c. v, CHO 48g <b>Sliced Cucumber</b> 83 cal, 1/2c. v, CHO 14g <b>Bunny Luv Carrots w/Ranch Packet</b> 70 cal, 1/2c. v, CHO 4g <b>Diced Peaches</b> 68 cal, 1/2c. f, CHO 18g</p> <p style="text-align: center;"><b>621 cal</b></p>	<p><b>Bean &amp; Cheese Burrito w/Taco Sauce Packet</b> 291 cal, 2 oz. m/a, 2 g/b, CHO 41g <b>Romaine and Spinach Salad w/Ranch Dressing</b> 47 cal, 1/2c. v = 1/4 Credit, CHO 2g <b>Savory Peas</b> 57 cal, 1/2c. v, CHO 5g <b>SideKick 100% Juice</b> 80 cal, 1/2c. f, CHO 20g</p> <p style="text-align: center;"><b>595 cal</b></p>
<p><b>Fish Treasures 4 pcs.</b> 190 cal, 2 oz. m/a, 1 1/4 g/b, CHO 17g <b>Potato Smiles w/Ketchup</b> 140 cal, 1/2c. v, CHO 15g <b>Green Beans</b> 18 cal, 1/2c. v, CHO 6g <b>Jell-O w/Pear Cup</b> 72 cal, 1/2c. f, CHO 19g</p> <p style="text-align: center;"><b>540 cal</b></p>	<p><b>Rib-B-Que Sandwich</b> 215 cal, 2 oz. m/a, 2 g/b, CHO 23.4g <b>Seasoned Potato Wedges</b> 150 cal, 1/2c. v, CHO 19g <b>Broccoli</b> 26 cal, 1/2c. v, CHO 5g <b>100% Orange Juice</b> 56 cal, 1/2c. f, CHO 15g</p> <p style="text-align: center;"><b>567 cal</b></p>	<p><b>Cheeseburger w/Ketchup &amp; Mustard Packet</b> 314 cal, 2.5 oz. m/a, 2 g/b, CHO 41g <b>Romaine and Spinach Salad w/Ranch Dressing</b> 47 cal, 1/2c. v = 1/4 Credit, CHO 2g <b>Ranch Style Beans</b> 57 cal, 1/2c. v, CHO 5g <b>Banana</b> 105 cal, 1/2c. f, CHO 19g</p> <p style="text-align: center;"><b>643 cal</b></p>	<p><b>Pizza Thursday</b> <b>Cheese Pizza Sliders</b> 343 cal, 2 g/b, 2 oz. m/a, CHO 30g <b>Roasted Butternut Squash</b> 126 cal, 1/2c. v, CHO 30g <b>Celery Sticks</b> 10 cal, 1/2 c. v, CHO 1g <b>Grapes</b> 55 cal, 1/2c. f, CHO 15g</p> <p style="text-align: center;"><b>650 cal</b></p>	<p><b>Chicken Sandwich w/Ketchup &amp; Mustard Packet</b> 320 cal, 2.5 g/b, 2 oz. m/a, CHO 39g <b>Mixed Veggie</b> 60 cal, 1/2c. v, CHO 12g <b>Bunny Luv Carrots w/Ranch Packet</b> 70 cal, 1/2c. v, CHO 4g <b>Sliced Apples</b> 34 cal, 1/2c. f, CHO 8g</p> <p style="text-align: center;"><b>604 cal</b></p>
<p><b>Macaroni and Cheese</b> 290 cal, 2 oz. m/a, 1 g/b, CHO 31g <b>WG Dinner Roll</b> 90 cal, 1g/b, CHO 16g <b>Cooked Green Beans</b> 18 cal, 1/2c. v, CHO 6g <b>Whole Kernel Corn</b> 33 cal, 1/4c. v, CHO 8g <b>Mixed Fruit</b> 60 cal, 1/2c. f, CHO 17g</p> <p style="text-align: center;"><b>611 cal</b></p>	<p><b>Roasted Chicken</b> 142 cal, 2 oz. m/a, CHO 0g <b>WG Brown Rice</b> 108 cal, 1 g/b, CHO 22g <b>Black Beans</b> 114 cal, 1/2c. v, CHO 22g <b>Mixed Veggie</b> 60 cal, 1/4c. v, CHO 12g <b>Sliced Apples</b> 34 cal, 1/2c. f, CHO 8g</p> <p style="text-align: center;"><b>578 cal</b></p>	<p><b>WG Chicken Corn Dog w/Mustard and Ketchup Packet</b> 240 cal, 2 g/b, 2 oz. m/a, CHO 30g <b>Roasted Butternut Squash</b> 126 cal, 1/2c. v, CHO 30g <b>Broccoli</b> 26 cal, 1/2c. v, CHO 5g <b>Farm Fresh Orange Slices</b> 62 cal, 1/2c. f, CHO 15g</p> <p style="text-align: center;"><b>574 cal</b></p>	<p><b>Pizza Thursday</b> <b>Domino's Smart Slice</b> <b>Pepperoni Pizza (8 Slc)</b> 250 cal, 2 m/a, 2 g/b, v, CHO 40g <b>Romaine and Spinach Salad w/Ranch Dressing</b> 47 cal, 1c. v = 1/2 Credit, CHO 2g <b>Bunny Luv Carrots w/Ranch Packet</b> 70 cal, 1/2c. v, CHO 4g <b>Applesauce &amp; Strawberries (HOTM)</b> 35 cal, 1/2c. f, CHO 12g</p> <p style="text-align: center;"><b>522 cal</b></p>	<p><b>Orange Chicken</b> 90 cal, 2 oz. m/a, CHO 6g <b>Brown Rice</b> 108 cal, 1 g/b, CHO 22g <b>Green Peas</b> 62 cal, 1/2c. v, CHO 12g <b>Ranch Style Beans</b> 57 cal, 1/4c. v, CHO 5g <b>Fortune Cookie</b> 10 cal, 0 g/b, CHO 2g <b>Pineapple Tidbits</b> 69 cal, 1/2c. f, CHO 18g</p> <p style="text-align: center;"><b>516 cal</b></p>
<p><b>Grilled Cheese Sandwich</b> 360 cal, 2 oz. m/a, 2 g/b, CHO 30g <b>Tomato Soup</b> 66 cal, 1/2c. v, CHO 16g <b>Whole Kernel Corn</b> 38cal, 1/2c. v, CHO 9g <b>Diced Peaches</b> 68 cal, 1/2c. f, CHO 18g</p> <p style="text-align: center;"><b>650 cal</b></p>	<p><b>Hot Dog w/Ketchup &amp; Mustard Packets</b> 292 cal, 2 oz. m/a, 2 g/b, CHO 31g <b>Seasoned Potato Wedges</b> 150 cal, 1/2c. v, CHO 19g <b>Mixed Veggies*</b> 60 cal, 1/2c. v, CHO 12g <b>Diced Apricot</b> 60 cal, 1/2c. f, CHO 16g</p> <p style="text-align: center;"><b>622 cal</b></p>	<p><b>Chicken Alfredo Pasta*</b> 201 cal, 1 g/b, 2 oz. m/a, CHO 23g <b>Broccoli</b> 26 cal, 1/2c. v, CHO 5g <b>WG Corn Bread Loaf</b> 230 cal, 2g/b, CHO 38g <b>Jell-O Blueberry Fruit Cup</b> 62 cal, 1/2c. f, CHO 16g</p> <p style="text-align: center;"><b>639 cal</b></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 <b>Romaine and Spinach Salad* w/Ranch Dressing</b> 47 cal, 1c. v = 1/2 Credit, CHO 2g <b>Bunny Luv Carrots w/Ranch Packet</b> 70 cal, 1/2c. v, CHO 4g <b>Banana</b> 105 cal, 1/2c. f, CHO 19g</p> <p style="text-align: center;"><b>632 cal</b></p>	<p><b>Cheeseburger Twins</b> 322 cal, 2 oz m/a, 2 g/b, CHO 38g <b>Vegetarian Beans</b> 119 cal, 1/2c. v, CHO 27g <b>Green Beans</b> 18 cal, 1/2c. v, CHO 6g <b>Farm Fresh Orange Slices</b> 62 cal, 1/2c. f, CHO 15g</p> <p style="text-align: center;"><b>641 cal</b></p>
<p><b>Memorial Day Holiday</b></p> 	<p><b>Reading Incentive Day</b> Lunch at Chuck E. Cheese</p> <p style="text-align: center;"><b>597 cal</b></p>	<p><b>Teriyaki Chicken</b> 130 cal, 2 oz. m/a, CHO 10g <b>Brown Rice</b> 108 cal, 1 g/b, CHO 22g <b>Broccoli</b> 26 cal, 1/2c. v, CHO 5g <b>Green Beans</b> 25 cal, 1/2c. v, CHO 5g <b>Orange Wedges</b> 62 cal, 1/2c. f, CHO 15g</p> <p style="text-align: center;"><b>471 cal</b></p>	<p><b>Beach Day</b> Hot Dog Roast</p> <p style="text-align: center;"><b>647 cal</b></p>	<p><b>ALTERNATE MEAL</b> offered daily <b>Yogurt Parfait w/Fruit and WG Granola</b> 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>SACK LUNCH</b> offered daily <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</p>