


# Pearl Preparatory School

## March 2020 Lunch Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><b>Bean &amp; Cheese Burrito</b> w/Taco Sauce Packet 291 cal, 2 oz. m/a, 2 g/b, CHO 41g Romaine and Spinach Salad w/Ranch Dressing 47 cal, 1/2c. v = 1/4 Credit, CHO 2g Savory Peas 57 cal, 1/2c. v, CHO 5g SideKick 100% Juice 80 cal, 1/2c. f, CHO 20g</p> <p>595 cal</p>	<p>3</p> <p><b>Breakfast Tuesday</b> <b>Belgian Waffle Stix</b> w/Syrup Packet 156 cal, 1 g/b, CHO 35g <b>Chicken Nuggets (5 Pcs.)</b> 190 cal, 2 oz. m/a, 1 g/b, CHO 11g Cooked Seasoned Carrots 87 cal, 1/2c. v, CHO 4g Sliced Cucumber 18 cal, 1/2c. v, CHO 4g 100% Fruit Punch Juice 60 cal, 1/2c. f, CHO 15g</p> <p>631 cal</p>	<p>4</p> <p><b>Manager's Choice</b> or <b>Roasted Chicken</b> 142 cal, 2 oz. m/a, CHO 0g WG Brown Rice 108 cal, 1 g/b, CHO 22g Broccoli 26 cal, 1/2c. v, CHO 5g Mixed Veggie 60 cal, 1/4c. v, CHO 12g Sliced Apples 34 cal, 1/2c. f, CHO 8g</p> <p>578 cal</p>	<p>5</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 Romaine and Spinach Salad w/Ranch Dressing 47 cal, 1/2c. v = 1/4 Credit, CHO 2g Black Beans 57 cal, 1/2c. v, CHO 11g SideKick 100% Juice 80 cal, 1/2c. f, CHO 20g</p> <p>554 cal</p>	<p>6</p> <p><b>Burger King Chicken Nuggets</b> Fries Go-GURT Fruit Cup/Applesauce Milk</p> <p>597 cal</p>
<p>9</p> <p><b>Fish Treasures 4 pcs.</b> 190 cal, 2 oz. m/a, 1 1/4 g/b, CHO 17g Potato Smiles w/Ketchup 140 cal, 1/2c. v, CHO 15g Green Beans 18 cal, 1/2c. v, CHO 6g Jell-O w/Pear Cup 72 cal, 1/2c. f, CHO 19g</p> <p>540 cal</p>	<p>10</p> <p><b>Breakfast Tuesday</b> <b>Cinnamon French Toast</b> 230 cal, 2 g/b, 1 oz. m/a, CHO 32g Egg Patty 45 cal, 1 oz. m/a, CHO 4g Turkey Ham 46 cal, 1oz. m/a, CHO 2g Tater Tots 114 cal, 1/2c. v, CHO 16g Bunny Luv Carrots w/Ranch Packet 70 cal, 1/2c. v, CHO 4g 100% Orange Juice 56 cal, 1/2c. f, CHO 15g</p> <p>681 cal</p>	<p>11</p> <p><b>Cheeseburger</b> w/Ketchup &amp; Mustard Packet 314 cal, 2.5 oz. m/a, 2 g/b, CHO 41g Romaine and Spinach Salad w/Ranch Dressing 47 cal, 1/2c. v = 1/4 Credit, CHO 2g Ranch Style Beans 57 cal, 1/2c. v, CHO 5g Banana 105 cal, 1/2c. f, CHO 19g</p> <p>643 cal</p>	<p>12</p> <p><b>Pizza Thursday</b> <b>Cheese Pizza Sliders</b> 343 cal, 2 g/b, 2 oz. m/a, CHO 30g Roasted Butternut Squash 126 cal, 1/2c. V, CHO 30g Celery Sticks 10 cal, 1/2 c. v, CHO 1g Grapes 55 cal, 1/2c. f, CHO 15g</p> <p>650 cal</p>	<p>13</p> <p><b>Manager's Choice</b> or <b>Chicken Sandwich</b> w/Ketchup &amp; Mustard Packet 320 cal, 2.5 g/b, 2 oz. m/a, CHO 39g Mixed Veggie 60 cal, 1/2c. v, CHO 12g Bunny Luv Carrots w/Ranch Packet 70 cal, 1/2c. v, CHO 4g Sliced Apples 34 cal, 1/2c. f, CHO 8g</p> <p>604 cal</p>
<p>16</p> <p><b>Macaroni and Cheese</b> 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>17</p> <p><b>Breakfast Tuesday</b> <b>Mini Strawberry Pancakes</b> 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 Mixed Veggie 30 cal, 1/4c. v, CHO 6g Sliced Apples 34 cal, 1/2c. f, CHO 8g</p> <p>636 cal</p>	<p>18</p> <p><b>Corn Dog</b> w/Mustard and Ketchup Packet 240 cal, 2 g/b, 2 oz. m/a, CHO 30g Roasted Butternut Squash 126 cal, 1/2c. V, CHO 30g Broccoli 26 cal, 1/2c. v, CHO 5g Farm Fresh Orange Slices 62 cal, 1/2c. f, CHO 15g</p> <p>574 cal</p>	<p>19</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 Romaine and Spinach Salad w/Ranch Dressing 47 cal, 1c. v = 1/2 Credit, CHO 2g Bunny Luv Carrots w/Ranch Packet 70 cal, 1/2c. v, CHO 4g Strawberry Applesauce 35 cal, 1/2c. f, CHO 12g</p> <p>522 cal</p>	<p>20</p> <p><b>Burger King Hamburgers</b> Fries Go-GURT Fruit Cup/Applesauce Milk</p>
<p>23</p> <p><b>Grilled Cheese Sandwich</b> 360 cal, 2 oz. m/a, 2 g/b, CHO 30g Tomato Soup 66 cal, 1/2c. v, CHO 16g Whole Kernel Corn 38cal, 1/2c. v, CHO 9g Diced Peaches 68 cal, 1/2c. f, CHO 18g</p> <p>650 cal</p>	<p>24</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 Bunny Luv Carrots w/Ranch Packet 70 cal, 1/2c. v, CHO 4g Mixed Vegetables 30 cal, 1/4c. v, CHO 6g Apple Slices 34 cal, 1/2c. f, CHO 8g</p> <p>611 cal</p>	<p>25</p> <p><b>Chicken Alfredo Pasta</b> 201 cal, 1 g/b, 2 oz. m/a, CHO 23g Broccoli 26 cal, 1/2c. v, CHO 5g Corn Bread Loaf 230 cal, 2g/b, CHO 38g Jell-O Blueberry Fruit Cup 62 cal, 1/2c. f, CHO 16g</p> <p>639 cal</p>	<p>26</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 Romaine and Spinach Salad* w/Ranch Dressing 47 cal, 1c. v = 1/2 Credit, CHO 2g Bunny Luv Carrots w/Ranch Packet 70 cal, 1/2c. v, CHO 4g Banana 105 cal, 1/2c. f, CHO 19g</p> <p>632 cal</p>	<p>27</p> <p><b>Burger King Chicken Nuggets</b> Fries Granola Bars Fruit Cup/Applesauce Milk</p> <p>622 cal</p>
<p>30</p> <p><b>School Eatery Trial</b>  Preorder Form Sent Home 3/24 Due 3/27</p>	<p>31</p> <p><b>School Eatery Trial</b>  Preorder Form Sent Home 3/24 Due 3/27</p>		<p><b>ALTERNATE MEALS</b> available daily</p> <p><b>Yogurt Parfait w/ Fruit and WG Granola</b> 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><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 Menued Fruit 34--105 cal, 1/2c. f, CHO 27g</p>	