

Pearl Preparatory School

September 2021 Lunch Menu

Milk is 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 (HOTM)</p> 		<p>1</p> <p>WG Orange Chicken Bowl or Corn Dog</p>	<p>2</p> <p>Pizza Thursday WG Domino's Smart Slice Pepperoni Pizza 250 cal, 2 m/a, 2 g/b, v, CHO 40g OR BBQ Rib Sandwich</p>	<p>3</p> <p>Teriyaki Chicken OR Galaxy Cheese Pizza</p>
<p>6</p> <p>Labor Day Holiday! No School</p> 	<p>7</p> <p>Chicken Tamales 347 cal, 2 g/b, 2 oz. m/a, CHO 56g OR Mini Cheeseburger Twins 390 cal, 2 oz. m/a, 2-1/2 g/b, CHO 41g</p>	<p>8</p> <p>WG Hot Dog 280 cal, 2 oz. m/a, 2 g/b CHO 28g OR WG Chili Chz Hot Dog 298 cal, 2 oz. m/a, 2 g/b CHO 33g</p>	<p>9</p> <p>Pizza Thursday WG Domino's Smart Slice Cheese or Pepperoni Pizza 250 cal, 2 m/a, 2 g/b, v, CHO 40g OR Chicken Nuggets 280 cal, 2 oz. m/a, 2 g/b, CHO 27g</p>	<p>10</p> <p>Chili Con Carne & Beans 180 cal, 2 oz. m/a, 3/8c. v, CHO 11g OR WG Two MAX Cheese Pizza Stix 300 cal, 2 oz. m/a, 2 g/b, CHO 32g</p>
<p>13</p> <p>WG Fish Treasures (4 Pc.) 190 cal, 2 oz. m/a, 1 1/4 g/b CHO 17g OR WG Grilled Cheese 280 cal, 2 oz. m/a, 2 g/b, CHO 32g</p>	<p>14</p> <p>Breakfast Tuesday WG Pancake and Sausage on a Stick 202 cal, 1 oz. m/a, 1 .5 g/b, CHO 23g OR WG Bean & Cheese Pupusa 290 cal, 2 oz. m/a, 2 g/b, CHO 35g</p>	<p>15</p> <p>WG Chicken Sandwich 378 cal, 3.5 g/b, 2 oz. m/a, CHO 38g OR WG Pretzel Dogs 300 cal, 2 oz. m/a, 2 g/b, CHO 41g</p>	<p>16</p> <p>Pizza Thursday Pepperoni Pizza Slidders 343 cal, 2 oz. m/a, 2 g/b, 1/8c. v, CHO 30g OR WG Chicken Burrito w/ Green Sauce 350 cal, 2 oz. m/a, 2.25 g/b, CHO 41g</p>	<p>17</p> <p>R&S Turkey, Gravy & Mashed Pot 8oz. 230 cal, 2 m/a, 1/2 cv, CHO 30g OR WG Grilled Cheese w/Turkey Bacon 299 cal, 2 oz. m/a, 2 g/b, CHO 33g</p>
<p>20</p> <p>WG Bean & Cheese Burrito 320 cal, 2 oz. m/a, 2 g/b, CHO 44g OR WG Fish Treasures (4 Pc.) 230 cal, 2 oz. m/a, 1 g/b, CHO 20g</p>	<p>21</p> <p>Breakfast Tuesday Chicken (5 pc.) and Waffles 410 cal, 2 oz. m/a, 3 g/b, CHO 48g OR WG Macaroni and Cheese 290 cal, 2 oz. m/a, 1 g/b, CHO 31g</p>	<p>22</p> <p>WG Orange Chicken Bowl 150 cal, 2 oz. m/a, CHO 19g OR Mini Corn Dogs 270 cal, 2 oz. m/a, 2 g/b, CHO 30g</p>	<p>23</p> <p>Pizza Thursday WG Galaxy Pepperoni Pizza 290 cal, 2 oz. m/a, 2 g/b, 1/8c. v, CHO 26g OR Chicken Quesadilla w/Green Salsa 360 cal, 2 oz. m/a, 2 g/b, CHO 25g</p>	<p>24</p> <p>WG Spaghetti w/Meat Sauce 322 cal, 2 m/a, 3/8c. v, CHO 34g OR WG Galaxy Cheese Pizza 280 cal, 2 oz. m/a, 2 g/b, 1/8 cv, CHO 26g</p>
<p>27</p> <p>WG Macaroni and Cheese 350 cal, 2 oz. m/a, 1 g/b, CHO 23g OR WG Beef & Cheese Chalupa 180 cal, 2 oz. m/a, 1 g/b, CHO 8g</p>	<p>28</p> <p>Breakfast Tuesday Omelet Turkey Sausage & Cheese on WG Tortilla OR Mini Cheeseburger Twins 390 cal, 2 oz. m/a, 2-1/2 g/b, CHO 41g</p>	<p>29</p> <p>WG Hot Dog 280 cal, 2 oz. m/a, 2 g/b CHO 28g OR WG Chili Chz Hot Dog 298 cal, 2 oz. m/a, 2 g/b CHO 33g</p>	<p>30</p> <p>Pizza Thursday Domino's Smart Slice Cheese or Pepperoni Pizza 250 cal, 2 m/a, 2 g/b, v, CHO 40g OR Chicken Nuggets (5 pc.) 280 cal, 2 oz. m/a, 2 g/b, CHO 27g</p>	<p>Harvest of The Month (HOTM)</p> <p>**Winter Squash** Butternut squashes (and most orange squashes) are loaded with vitamin A. A single cup provides more vitamin A than most people need in a day (457% of the daily value, to be exact).</p>