





# Pearl Preparatory School

## November 2021 Lunch Menu

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

1	2	3	4	5
<b>Little Caesar's Pizza</b>	<b>Boneless Chicken Wings</b> 410 cal, 2 oz. m/a, 3 g/b, CHO 48g OR <b>Cheeseburgers</b> 290 cal, 2 oz. m/a, 1 g/b, CHO 31g	<b>WG Orange Chicken Bowl</b> 150 cal, 2 oz. m/a, CHO 19g OR <b>Corn Dogs</b> 270 cal, 2 oz. m/a, 2 g/b, CHO 30g	<u><b>Pizza Thursday</b></u> <b>WG Domino's (Smart Sice) Pizza</b> 343 cal, 2 oz. m/a, 2 g/b, 1/8 c. v, CHO 30g OR <b>Chicken Burrito</b> 360 cal, 2 oz. m/a, 2 g/b, CHO 25g	<b>WG Penne Pasta w/ Broc &amp; Chix Alfredo Sauce</b> 221 cal, 2 m/a, 1 g/b, 1/4 c v CHO 27g OR <b>WG Galaxy Cheese Pizza</b> 280 cal, 2 oz. m/a, 2 g/b, 1/8 c. v, CHO 26g
8	9	10	11	12
<b>WG Macaroni and Cheese</b> 350 cal, 2 oz. m/a, 1 g/b, CHO 23g OR <b>WG Beef Taco Stix</b> 130 cal, 2 oz. m/a, 2 g/b, CHO 32g	<u><b>Breakfast Tuesday</b></u> <b>Omelet Turkey Sausage &amp; Cheese on WG Tortilla</b> 180 cal, 2 oz. m/a, 1 g/b CHO 14g OR <b>Mini Cheeseburger Twins</b> 390 cal, 2 oz. m/a, 2 1/2 g/b, CHO 41g	<b>WG Domino's (Smart Sice) Pizza</b> 343 cal, 2 oz. m/a, 2 g/b, 1/8 c. v, CHO 30g OR <b>WG Hot Dog</b> 280 cal, 2 oz. m/a, 2 g/b CHO 28g	<b>Veteran's Day Holiday</b> <b>No School</b> 	<b>Chili Con Carne &amp; Beans</b> 180 cal, 2 oz. m/a, 3/8 c. v, CHO 11g OR <b>WG Two MAX Cheese Pizza Stix</b> 300 cal, 2 oz. m/a, 2 g/b, CHO 32g
15	16	17	18	19
<b>WG Fish Treasures 4 Pcs.</b> 190 cal, 2 oz. m/a, 1 1/4 g/b CHO 17g OR <b>WG Grilled Cheese Sandwich</b> 280 cal, 2 oz. m/a, 2 g/b, CHO 32g	<u><b>Breakfast Tuesday</b></u> <b>WG Pancake and Sausage on a Stick</b> 202 cal, 1 oz. m/a, 1 1/2 g/b, CHO 23g OR <b>WG Bean &amp; Cheese Pupusa</b> 290 cal, 2 oz. m/a, 2 g/b, CHO 35g	<b>WG Chicken Sandwich w/Ketchup &amp; Mustard Packet</b> 378 cal, 3 1/2 g/b, 2 oz. m/a, CHO 38g OR <b>WG Pretzel Chicken Dogs</b> 300 cal, 2 oz. m/a, 2 g/b, CHO 41g	<u><b>Pizza Thursday</b></u> <b>WG Domino's (Smart Sice) Pizza</b> 343 cal, 2 oz. m/a, 2 g/b, 1/8 c. v, CHO 30g OR <b>WG Chix Burrito with Green Sauce</b> 350 cal, 2 oz. m/a, 2 1/4 g/b, CHO 41g	<b>Turkey, Gravy &amp; Mashed Potatoes</b> 230 cal, 2 m/a, 1/2 c. v, CHO 30g OR <b>WG Grilled Cheese w/Turkey Bacon</b> 299 cal, 2 oz. m/a, 2 g/b, CHO 33g
22	23	24	25	26
 <b style="color: red; font-size: 1.2em;">Thanksgiving Break - No School</b> 				
29	30			
<b>WG Macaroni and Cheese</b> 350 cal, 2 oz. m/a, 1 g/b, CHO 23g OR <b>WG Beef Taco Stix</b> 130 cal, 2 oz. m/a, 2 g/b, CHO 32g	<u><b>Breakfast Tuesday</b></u> <b>Omelet Turkey Sausage &amp; Cheese on WG Tortilla</b> 180 cal, 2 oz. m/a, 1 g/b CHO 14g OR <b>Mini Cheeseburger Twins</b> 390 cal, 2 oz. m/a, 2 1/2 g/b, CHO 41g			

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This Menu is Subject to Change Without Prior Notice.