


Pearl Preparatory School

December 2021 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 WG Hot Dog 280 cal, 2 oz. m/a, 2 g/b CHO 28g or WG Petzel Dog 260 cal, 2 oz. m/a, 2 g/b, CHO 32g	2 <u>Pizza Thursday</u> WG Domino's Smart Slice Pepperoni Pizza (8 Slc) 260 cal, 2 m/a, 2 g/b, 1/8 c. v, CHO 28g or Chicken Nuggets w/WG Roll 280 cal, 2 oz. m/a, 2 g/b, CHO 27g	3 Chili Con Carne & Beans 180 cal, 2 oz. m/a, 3/8 c. v, CHO 11g or WG Two MAX Cheese Pizza Stix 300 cal, 2 oz. m/a, 2 g/b, CHO 32g Marinara Sauce 50 cal, 1/2 c. v, CHO 10g
6 WG Fish Treasures 4 Pcs. w/Ketchup Packet 190 cal, 2 oz. m/a, 1 1/4 g/b CHO 17g or WG Grilled Cheese Sandwich 280 cal, 2 oz. m/a, 2 g/b, CHO 32g	7 <u>Breakfast Tuesday</u> WG Pancake and Sausage on a Stick 202 cal, 1 oz. m/a, 1 1/2 g/b, CHO 23g or WG Bean & Cheese Pupusa 290 cal, 2 oz. m/a, 2 g/b, CHO 35g	8 WG Chicken Sandwich w/Ketchup & Mustard Packet 378 cal, 3 1/2 g/b, 2 oz. m/a, CHO 38g or WG Pretzel Chicken Dogs 300 cal, 2 oz. m/a, 2 g/b, CHO 41g	9 <u>Pizza Thursday</u> WG Domino's Smart Slice Pepperoni Pizza (8 Slc) 260 cal, 2 m/a, 2 g/b, 1/8 c. v, CHO 28g or Chix Burrito with Green Sauce 350 cal, 2 oz. m/a, 2 1/4 g/b, CHO 41g	10 R & S Turkey, Gravy & Mashed Potatoes 8 oz. 230 cal, 2 m/a, 1/2 c. v, CHO 30g or Grilled Cheese w/Turkey Bacon 299 cal, 2 oz. m/a, 2 g/b, CHO 33g
13 WG Bean & Cheese Burrito 320 cal, 2 oz. m/a, 2 g/b, CHO 44g or Fish Treasures Nuggets 230 cal, 2 oz. m/a, 1 g/b, CHO 20g	14 <u>Breakfast Tuesday</u> Chicken (5 pcs.) and Waffles 410 cal, 2 oz. m/a, 3 g/b, CHO 48g or WG Macaroni & Cheese 290 cal, 2 oz. m/a, 1 g/b, CHO 31g	15 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	16 <u>Pizza Thursday</u> WG Domino's Smart Slice Pepperoni Pizza (8 Slc) 260 cal, 2 m/a, 2 g/b, 1/8 c. v, CHO 28g or SouthWest Chili Chz Burrito 324 cal, 2 oz. m/a, 2 g/b, CHO 38g	17 WG Penne Pasta w/Broc & Chix Alfredo Sauce 221 cal, 2 m/a, 1 g/b, 1/4 c v CHO 27g or WG Galaxy Cheese Pizza 280 cal, 2 oz. m/a, 2 g/b, 1/8 c. v, CHO 26g
20	21	22	23	24
<p><i>Christmas Break 12/18/21 - 1/2/22 - No School</i></p>				
27	28	29	30	31
