

Pearl Preparatory School

January 2022 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
<p>3</p> <p>Fish Treasures Nuggets 230 cal, 2 oz. m/a, 1 g/b, CHO 20g</p> <p style="text-align: center;">or</p> <p>WG Bean & Cheese Burrito 320 cal, 2 oz. m/a, 2 g/b, CHO 44g</p>	<p>4</p> <p>WG Macaroni and Cheese 290 cal, 2 oz. m/a, 1 g/b, CHO 31g</p> <p style="text-align: center;">or</p> <p>Chicken (5 pcs.) and Waffles 410 cal, 2 oz. m/a, 3 g/b, CHO 48g</p>	<p>5</p> <p>Mini Corn Dogs 270 cal, 2 oz. m/a, 2 g/b, CHO 30g</p> <p style="text-align: center;">or</p> <p>WG Orange Chicken Bowl 150 cal, 2 oz. m/a, CHO 19g</p>	<p>6</p> <p>SouthWest Chili Chz Burrito 324 cal, 2 oz. m/a, 2 g/b, CHO 38g</p> <p style="text-align: center;">or</p> <p style="text-align: center;"><u>Pizza Thursday</u></p> <p>WG Domino's Smart Slice Pepperoni Pizza (8 Slc) 260 cal, 2 m/a, 2 g/b, 1/8 c. v, CHO 28g</p>	<p>7</p> <p>WG Galaxy Cheese Pizza 280 cal, 2 oz. m/a, 2 g/b, 1/8 c. v, CHO 26g</p> <p style="text-align: center;">or</p> <p>WG Penne Pasta, Broccoli w/Chicken Alfredo Sauce 221 cal, 2 m/a, 1 g/b, 1/4 c v CHO 27g</p>
<p>10</p> <p>WG Beef Taco Stix 130 cal, 2 oz. m/a, 2 g/b, CHO 32g</p> <p style="text-align: center;">or</p> <p>WG Macaroni and Cheese 350 cal, 2 oz. m/a, 1 g/b, CHO 23g</p>	<p>11</p> <p>Mini CheeseBurger Twins 390 cal, 2 oz. m/a, 2 1/2 g/b, CHO 41g</p> <p style="text-align: center;">or</p> <p>Omelet Turkey Sausage & Cheese on WG Tortilla 180 cal, 2 oz. m/a, 1 g/b CHO 14g</p>	<p>12</p> <p>WG Double Dog 260 cal, 2 oz. m/a, 2 g/b, CHO 32g</p> <p style="text-align: center;">or</p> <p>WG Hot Dog 280 cal, 2 oz. m/a, 2 g/b CHO 28g</p>	<p>13</p> <p>Chicken Nuggets w/WG Roll 280 cal, 2 oz. m/a, 2 g/b, CHO 27g</p> <p style="text-align: center;">or</p> <p style="text-align: center;"><u>Pizza Thursday</u></p> <p>WG Domino's Smart Slice Pepperoni Pizza (8 Slc) 260 cal, 2 m/a, 2 g/b, 1/8 c. v, CHO 28g</p>	<p>14</p> <p>WG Two MAX Cheese Pizza Stix 300 cal, 2 oz. m/a, 2 g/b, CHO 32g</p> <p style="text-align: center;">or</p> <p>Chili Con Carne & Beans 180 cal, 2 oz. m/a, 3/8 c. v, CHO 11g</p>
<p>17</p> <p>Martin Luther King Jr. School Holiday No School</p>	<p>18</p> <p>WG Bean & Cheese Pupusa 290 cal, 2 oz. m/a, 2 g/b, CHO 35g</p> <p style="text-align: center;">or</p> <p>WG Pancake and Sausage on a Stick 202 cal, 1 oz. m/a, 1 1/2 g/b, CHO 23g</p>	<p>19</p> <p>WG Pretzel Chicken Dogs 300 cal, 2 oz. m/a, 2 g/b, CHO 41g</p> <p style="text-align: center;">or</p> <p>WG Chicken Sandwich 378 cal, 3 1/2 g/b, 2 oz. m/a, CHO 38g</p>	<p>20</p> <p>WG Chix Burrito with Green Sauce 350 cal, 2 oz. m/a, 2 1/4 g/b, CHO 41g</p> <p style="text-align: center;">or</p> <p style="text-align: center;"><u>Pizza Thursday</u></p> <p>A+ Pizza Hut - Pepperoni 300 cal, 2 oz. m/a, 2 g/b, 1/8 c. v, CHO 30g</p>	<p>21</p> <p>WG Grilled Cheese w/Turkey Bacon 299 cal, 2 oz. m/a, 2 g/b, CHO 33g</p> <p style="text-align: center;">or</p> <p>Turkey & Gravy w/Mashed Potatoes 8 oz. 230 cal, 2 m/a, 1/2 c. v, CHO 30g</p>
<p>24</p> <p>Fish Treasures Nuggets 230 cal, 2 oz. m/a, 1 g/b, CHO 20g</p> <p style="text-align: center;">or</p> <p>WG Bean & Cheese Burrito 320 cal, 2 oz. m/a, 2 g/b, CHO 44g</p>	<p>25</p> <p>WG Macaroni and Cheese 290 cal, 2 oz. m/a, 1 g/b, CHO 31g</p> <p style="text-align: center;">or</p> <p>Chicken (5 pcs.) and Waffles 410 cal, 2 oz. m/a, 3 g/b, CHO 48g</p>	<p>26</p> <p>Mini Corn Dogs 270 cal, 2 oz. m/a, 2 g/b, CHO 30g</p> <p style="text-align: center;">or</p> <p>WG Orange Chicken Bowl 150 cal, 2 oz. m/a, CHO 19g</p>	<p>27</p> <p>SouthWest Chili Chz Burrito 324 cal, 2 oz. m/a, 2 g/b, CHO 38g</p> <p style="text-align: center;">or</p> <p style="text-align: center;"><u>Pizza Thursday</u></p> <p>WG Domino's Smart Slice Pepperoni Pizza (8 Slc) 260 cal, 2 m/a, 2 g/b, 1/8 c. v, CHO 28g</p>	<p>28</p> <p>WG Galaxy Cheese Pizza 280 cal, 2 oz. m/a, 2 g/b, 1/8 c. v, CHO 26g</p> <p style="text-align: center;">or</p> <p>WG Penne Pasta, Broccoli w/Chicken Alfredo Sauce 221 cal, 2 m/a, 1 g/b, 1/4 c v CHO 27g</p>
<p>31</p> <p>WG Beef Taco Stix 130 cal, 2 oz. m/a, 2 g/b, CHO 32g</p> <p style="text-align: center;">or</p> <p>WG Macaroni and Cheese 350 cal, 2 oz. m/a, 1 g/b, CHO 23g</p>	 <h1 style="font-size: 2em; color: green; margin: 0;">Harvest of the Month™</h1>		 <p style="font-size: 0.8em;">Rich in vitamins and nutrients, sweet potatoes are an excellent healthy food choice that can be prepared in a variety of ways.</p> <p style="font-size: 0.7em;">(per medium potato)</p>	

Menu is Subject to Change Without Prior Notice.