

Pearl Preparatory School

May 2022 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>2</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>WG Fish Treasures 4 Pcs. 190 cal, 2 oz. m/a, 1 1/4 g/b CHO 17g</p>	<p>3</p> <p>Corn Dog 270 cal, 2 oz. m/a, 2 g/b, CHO 30g</p> <p style="text-align: center;">or</p> <p>Mini CheeseBurger Twins 390 cal, 2 oz. m/a, 2 1/2 g/b, CHO 41g</p>	<p>4</p> <p>Beef Chimichanga 130 cal, 2 oz. m/a, 2 g/b, CHO 32g</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>5</p> <p>WG Enchiladas w/Sause 345 cal, 2 oz. m/a, 2 g/b, CHO 38g</p> <p style="text-align: center;">or</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>6</p> <p>Honey BBQ Wings 371/140 cal, 2oz. m/a, 1.75 g/b, CHO 38/27g</p> <p style="text-align: center;">or</p> <p>WG Bean & Cheese Burrito 230 cal, 2 m/a, 1/2 c. v, CHO 30g</p>
<p>9</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>Roasted Chicken 210 cal, 2 oz. m/a, 2 g/b, CHO 13g</p>	<p>10</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>Boneless BBQ Chicken Wings 210 cal, 1 oz. m/a, 1.5 g/b CHO 28g</p>	<p>11</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 Orange Chicken Bowl 150 cal, 2 oz. m/a, CHO 19g</p>	<p>12</p> <p>Chicken Nuggets 280 cal, 2 oz. m/a, 2 g/b, CHO 27g</p> <p style="text-align: center;">or</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>13</p> <p>Three Cheese Mac & Cheese 112/108 cal, 2oz. m/a, 1 g/b, CHO 10g/27g</p> <p style="text-align: center;">or</p> <p>WG Alredo Penne Pasta w/Chicken & Broccoli 221 cal, 2 m/a, 1 g/b, 1/4 c v CHO 27g</p>
<p>16</p> <p>Grilled Cheese Sandwich 280 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>17</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 Bean & Cheese Burrito 230 cal, 2 m/a, 1/2 c. v, CHO 30g</p>	<p>18</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 Hot Dog 280 cal, 2 oz. m/a, 2 g/b CHO 28g</p>	<p>19</p> <p>WG Enchiladas w/Sause 345 cal, 2 oz. m/a, 2 g/b, CHO 38g</p> <p style="text-align: center;">or</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>20</p> <p>WG Cheddar Cheeseburger 300 cal, 2oz. m/a, 1 g/b, CHO 34g</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>23</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 Fish Treasures 4 Pcs. 190 cal, 2 oz. m/a, 1 1/4 g/b CHO 17g</p>	<p>24</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>Mini CheeseBurger Twins 390 cal, 2 oz. m/a, 2 1/2 g/b, CHO 41g</p>	<p>25</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 Chicken Sandwich 378 cal, 3 1/2 g/b, 2 oz. m/a, CHO 38g</p>	<p>26</p> <p>Chic Burrito w/Green Sauce 350 cal, 2 oz. m/a, 2 1/4 g/b, CHO 41g</p> <p style="text-align: center;">or</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>27</p> <p>Green Chicken Enchiladas 351 cal, 2 oz. m/a, 1 g/b, CHO 23g</p> <p style="text-align: center;">or</p> <p>WG Bean & Cheese Burrito 230 cal, 2 m/a, 1/2 c. v, CHO 30g</p>
<p>30</p> <p>MEMORIAL DAY HOLIDAY No School</p> 	<p>31</p> <p>Reading Incentive Outing Day</p> <p>Bring a Sack Lunch or Order a Sack Lunch</p>	<p>June 1st</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 Chicken Sandwich 378 cal, 3 1/2 g/b, 2 oz. m/a, CHO 38g</p>	 <p>5 TYPES OF ONIONS</p> <ul style="list-style-type: none"> BROWN ONIONS Anti-inflammatory, Anti-bacterial and treats bug stings GREEN ONIONS Vitamin A and C, Phytochemicals and immunity RED ONIONS Healthy heart, Blood pressure and anti-cancer WHITE ONIONS High sulphur, Anti-cancer and High fibre LEEK ONIONS Vitamin B6, Anti-oxidant rich and Anti-cancer 	