

# Pearl Prep

## September 2022 Lunch Menu

Milk is Offered Daily with Breakfast and Lunch: 1% Unflavored 120 cal, CHO 14g & Non-Fat Flavored 120 cal, CHO 22g - Juice offered Daily with Breakfast 60 cal, CHO 17g

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>September 1</b>  <u>Pizza Thursday</u> Pizza Hut Pepperoni or Cheese Pizza	2  Ham & Cheese Sandwich
5 Labor Day Holiday - No School  	6  WG Grilled Cheese Sandwich	7  WG Hot Dog	8  <u>Pizza Thursday</u> Pizza Hut Pepperoni or Cheese Pizza	9  Ham & Cheese Lunch Kits (Like a Lunchable)
12  Bean & Cheese Pupusas	13  Twin Cheeseburgers	14  WG Chicken Sandwich	15  <u>Pizza Thursday</u> Pizza Hut Pepperoni or Cheese Pizza	16  Chicken Wings
19  WG Bean & Cheese Burrito	20  <u>Breakfast Tuesday</u> Chicken (5 pcs.) and Waffles	21  WG Orange Chicken Bowl	22  <u>Pizza Thursday</u> Pizza Hut Pepperoni or Cheese Pizza	23  WG Spaghetti w/Meat Sauce
26  WG Macaroni and Cheese	27  <u>Breakfast Tuesday</u> Omelet Turkey Sausage & Cheese on WG Tortilla	28  WG Hot Dog	29  <u>Pizza Thursday</u> Pizza Hut Pepperoni or Cheese Pizza	30  Chili Con Carne & Beans