

Pearl Preparatory School

October 2017 Lunch Menu

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

Meal Cost: \$4.75

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Grilled Cheese Sandwich 270 cal, 2 oz. m/a, 2 1/4 g/b, CHO 32g Tomato Soup 33 cal, 1/4c. v, CHO 8g Cooked Spinach (HOTM) 19 cal, 1/4c. v, CHO 4g Whole Kernel Corn 33 cal, 1/4c. v, CHO 8g Mixed Fruit 60 cal, 1/2c. f, CHO 17g <i>535 cal</i>	3 <u>Breakfast Tuesday</u> WG Mini Strawberry Pancakes 230 cal, 2 g/b, CHO 40g Hard Boiled Egg (Pasteurized) 70 cal, 1 oz. m/a, CHO 1g Sausage Patty 60 cal, 1 oz. m/a, CHO 1g Hash Brown Potatoes* 130 cal, 1/4c. v, CHO 15g Cooked Carrot Coins 27 cal, 1/2c. v, CHO 6g Farm Fresh Orange Wedges 62 cal, 1/2c. f, CHO 15g <i>699 cal</i>	4 WG Soft Chicken Fajita Cheese Taco w/Salsa 214 cal, 1 g/b, 2 oz. m/a, 1/4c. v, CHO 31g Spanish Rice 69 cal, 1/2 g/b, 1/8c. v CHO 14g Black Beans 114 cal, 1/2c. v, CHO 22g Green Beans 9 cal, 1/4c. v, CHO 3g Sliced Apples 34 cal, 1/2c. f, CHO 8g <i>560 cal</i>	5 <u>Pizza Thursday</u> WG Cheese Stuffed Pizza Sticks 320 cal, 2 g/b, 2 oz. m/a, CHO 34g Marinara Sauce 80 cal, 1/2c. v, CHO 10g Bunny Luv Carrots w/Ranch Dressing 70 cal, 1/2c. v, CHO 4g Romaine Spinach Salad 6 cal, 1/4c. v, CHO1g Banana 105 cal, 1/2c. f, CHO 27g <i>701 cal</i>	6 WG Chicken Sandwich w/Ketchup & Mustard Packets 370 cal, 3.5 g/b, 2 oz. m/a, CHO 39g Ranch Style Beans 52 cal, 1/4c. v, CHO 9g Mixed Vegetable 60 cal, 1/2c. v, CHO 12g Apple Pear 51 cal, 1/2c. f, CHO 13g <i>653 cal</i>

NATIONAL SCHOOL LUNCH WEEK: October 9 - 13, 2017

9 WG Cheese Enchilada 345 cal, 2 oz. m/a, 2 g/b, 1/2c. v, CHO 36g Spanish Rice 69 cal, 1/8c. v, 1/2 g/b, CHO 14g Black Beans 109 cal, 1/2c. v, CHO 20g Whole Kernel Corn 33 cal, 1/4c. v, CHO 8g Diced Peaches 60 cal, 1/2c. f, CHO 14g <i>736 cal</i>	10 <u>Breakfast Tuesday</u> WG Cinnamon Glaze French Toast 230 cal, 2 g/b, 1 oz. m/a, CHO 31g Grilled Egg Patty 45 cal, 1 oz. m/a, CHO 1g Ham Steak 60 cal, 1 oz. m/a, CHO 1g Vegetarian Beans 55 cal, 1/4c. v, CHO 5g Cooked Carrot Coins 27 cal, 1/2c. v, CHO 6g Diced Pears 60 cal, 1/2c. f, CHO 16g <i>597 cal</i>	11 Teriyaki Chicken 150 cal, 2 m/a, CHO 19g Brown Rice 138 cal, 1g/b. v, CHO 28g Broccoli 26 cal, 1/2c. v, CHO 5g Green Beans 9 cal, 1/4c. v, CHO 3g Farm Fresh Orange Wedges 62 cal, 1/2c. f, CHO 15g Fortune Cookie 35 cal, CHO 7g <i>540 cal</i>	12 <u>Pizza Thursday</u> WG Pepperoni Pizza Slidders 343 cal, 2 oz. m/a, 2 g/b, 1/8c. v, CHO 30g Baked Tostitos Scoops 120 cal, 1 g/b, CHO 22g Salsa 33 cal, 3/8c. v, CHO 9g Romaine Spinach Salad 6 cal, 1/4c. v, CHO1g Sliced Apples 34 cal, 1/2c. f, CHO 8g <i>656 cal</i>	13 WG Spaghetti w/Meat Sauce 322 cal, 2 m/a, 3/8c. v, CHO 34g WG Dinner Roll 90 cal, 1 g/b, CHO 16g Cooked Corn 66 cal, 1/2c. v, CHO 16g SideKick 100% Fruit Juice 80 cal, 1/2c. f, CHO 13g <i>678 cal</i>
--	--	---	---	--

16 WG Fish Treasures 4 Pcs. w/Tartar Sauce 210 cal, 2 oz. m/a, 1 1/4 g/b CHO 18g WG Dinner Roll 90 cal, 1g/b, CHO 16g Potato Smiles 140 cal, 1/2c. v, CHO 23g Whole Kernel Corn 33 cal, 1/4c. v, CHO 8g Blueberries 46 cal, 1/2c. f, CHO 12g <i>639 cal</i>	17 <u>Breakfast Tuesday</u> WG Pancake Sausage on a Stick 202 cal, 1 oz. m/a, 1.5 g/b, CHO 25g Hard Boiled Egg (Pasteurized) 70 cal, 1 oz. m/a, CHO 1g Jicama w/Tajin 26 cal, 1/2c. v, CHO 11g Cooked Carrot Coins 27 cal, 1/2c. v, CHO 6g Raisels 80 cal, 1/4c. f, CHO 22g <i>525 cal</i>	18 WG Hot Dog w/Ketchup & Mustard Packets 260 cal, 2 oz. m/a, 2 g/b, CHO 31g Ranch Style Beans 103 cal, 1/2c. v, CHO 18g Green Beans 9 cal, 1/4c. v, CHO 3g Jello Pear Fruit Cup 72 cal, 1/2c. f, CHO 19g <i>564 cal</i>	19 <u>Pizza Thursday</u> Breakfast Pizza 420 cal, 2 oz. m/a, 3 g/b, CHO 48g Steamed Broccoli Florets 48 cal, 1/2c. v, CHO 6g Romaine Spinach Salad 6 cal, 1/4c. v, CHO1g Baked Cinnamon Apple 35 cal, 1/2c. f, CHO 9g <i>629 cal</i>	20 WG Chili Verde & Chz Quesadilla w/Taco Sauce Packet 290 cal, 2 oz. m/a, 2 g/b, CHO 30g Bunny Luv Carrots w/Ranch Dressing 70 cal, 1/2c. v, CHO 4g Mixed Vegetable 30 cal, 1/4c. v, CHO 6g Applesauce & Blueberries 46 cal, 1/2c. f, CHO 12g <i>556 cal</i>
--	--	---	--	--

NATIONAL RED RIBBON WEEK: October 23 - 31, 2017

23 WG Bean & Cheese Tamale 347 cal, 2 g/b, 2 oz. m/a, CHO 56g Spanish Rice 69 cal, 1/8c. v, 1/2 g/b, CHO 14g Cooked Spinach 38 cal, 1/2c. v, CHO 8g Whole Kernel Corn 33 cal, 1/4c. v, CHO 8g Diced Peaches 60 cal, 1/2c. f, CHO 14g <i>667 cal</i>	24 <u>Breakfast Tuesday</u> WG Sweet Potato Cinn Roll 280 cal, 2 g/b, CHO 43g Grilled Egg Patty 45 cal, 1 oz. m/a, CHO 1g Sausage Patty 60 cal, 1 oz. m/a, CHO 1g Roasted Butternut Squash 41 cal, 1/2c. v., CHO 11g Peas and Diced Carrot 25 cal, 1/2c. v, CHO 5g Apple Pear 51 cal, 1/2c. f, CHO 13g <i>622 cal</i>	25 Bean & Cheese Buriito w/ Taco Sauce Packet 291 cal, 2 oz. m/a, 2 g/b, CHO 42g Broccoli 26 cal, 1/2c. v, CHO 5g Corn Cobbett 30 cal, 1/4c. v, CHO 8g Banana 105 cal, 1/2c. f, CHO 27g <i>572 cal</i>	26 <u>Pizza Thursday</u> Bella Rosa Cheese Pizza 350 cal, 2 oz m/a, 2 g/b, 1/8 cv CHO 40g Cooked Carrots 62 cal, 1/2c. v, CHO 12g Romaine Spinach Salad 6 cal, 1/4c. v, CHO1g Farm Fresh Orange Wedges 62 cal, 1/2c. f, CHO 15g <i>600 cal</i>	27 <u>Manager Special</u> Turkey Corn Dog Bites (SL) w/Ketchup & Mustard Packet 170 cal, 2 oz. m/a, 2 g/b, CHO 22g Vegetarian Beans 119 cal, 1/2c. v, CHO 27g Mixed Vegetable 30cal, 1/4c. v, CHO 6g Pumpkin Cookie 160 cal, 3/4 g/b, CHO 21g Sliced Apples 34 cal, 1/2c. f, CHO 8g <i>633 cal</i>
---	---	---	--	---

30 WG Mac & Cheese 6 oz. 295 cal, 2 oz. m/a, 1 g/b, CHO 31g Cooked Broccoli 27 cal, 1/2c. v, CHO 6g Whole Kernel Corn 33 cal, 1/4c. v, CHO 8g Mixed Fruit 60 cal, 1/2c. f, CHO 17g <i>535 cal</i>	31 <u>Breakfast Tuesday</u> WG Pancakes w/Syrup 160 cal, 1 g/b, CHO 27g Sliced Ham 37 cal, 1 oz. m/a, CHO 2g Colby Cheese Omelet 110 cal, 2 oz. m/a, CHO 1g Bunny Luv Carrots w/Ranch Dressing 70 cal, 1/2c. v, CHO 4g Mandarin Orange 58 cal, 1/2c. f, CHO 14g <i>590 cal</i>	ALTERNATE MEAL <i>available daily</i> Yogurt Parfait w/ Fruit and WG Granola 332 cal, 1 oz.m/a, 1g.b, 1/2 c f CHO 71g String Cheese 80 cal, 1 oz. m/a, CHO 1g Celery Stix w/Peanut Butter 30+167 cal, 3/4 c. v, 1 oz m/a, CHO 8g	SACK LUNCH MEAL <i>available daily</i> WG Uncrustable Sandwich w/ Peanut Butter & Jelly 210 cal, 1 oz.m/a, 1g.b, CHO 28g String Cheese 80 cal, 1 oz. m/a, CHO 1g Celery Stix w/Peanut Butter 30+167 cal, 3/4 c. v, 1 oz m/a, CHO 8g Daily Menued Fruit 34--105 cal, 1/2c. f, CHO 27g	HOTM-Cooked Greens  Eating green leafy vegetables daily may reduce overall risk for some cancers like breast, kidney, and lymphoma.
---	--	--	--	---