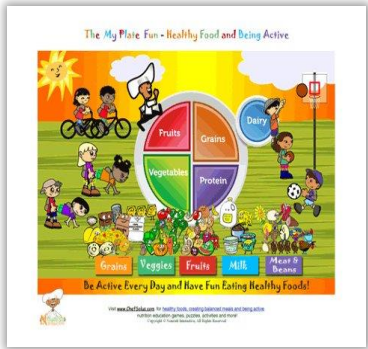


Pearl Preparatory School

September 2017 Lunch Menu

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

<u>ALTERNATE MEALS</u> available daily Yogurt Parfait w/ Fruit and WG Granola 332 cal, 1 oz.m/a, 1g.b, 1/2 c f CHO 71g Carrots/Celery w/Peanut Butter 30+167 cal, 3/4 c. v, 1 oz m/a, CHO 8g WG Uncrustable Sandwich w/ Peanut Butter & Jelly 210 cal, 1 oz.m/a, 1g.b, CHO 28g Carrots/Celery 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		<u>2017-2018 Pricing</u> Lunch w/ Milk = \$4.75 Only Milk = \$0.50 		1 WG Spaghetti w/Meat Sauce 322 cal, 2 m/a, 3/8c. v, CHO 34g Three Cheese Breadstix 130 cal, 1 1/2 g/b, CHO 23g Cooked Broccoli 27 cal, 1/2c. v, CHO 6g Red Applesauce 58 cal, 1/2c. f, CHO 15g
4 Labor Day Holiday! No School or Dolphin Club 	5 <u>Breakfast Tuesday</u> Colby Cheese Omelet 110 cal, 2 oz. m/a, CHO 1g Buttered Wheat Toast W/Jelly Packet 70 cal, 1 g/b, CHO 13g Sliced Ham 37 cal, 1 oz. m/a, CHO 2g Bunny Luv Carrots w/Ranch Dressing 70 cal, 1/2c. v, CHO 4g Orange Juice 61 cal, 1/2c. f, CHO 14g	6 WG Hot Dog w/Ketchup & Mustard Packets 292 cal, 2 oz. m/a, 2 g/b, CHO 31g Vegetarian Beans 119 cal, 1/2c. v, CHO 27g Apple Slices 29 cal, 1/2c. f, CHO 8g	7 <u>Pizza Thursday</u> WG Galaxy Cheese Pizza 290 cal, 2 oz. m/a, 2 g/b, 1/8c. v, CHO 37g WG Baked Tostitos Scoops 120 cal, 1 g/b, CHO 22g Salsa 40 cal, 1/2c. v, CHO 8g Diced Peaches 68 cal, 1/2c. f, CHO 18g	8 Beef Ravioli, 8 Pcs 250 cal, 2 oz. m/a, 1/8c. v, CHO 30g WG Aloha Roll 90 cal, 1g/b, CHO 16g Romaine and Spinach Salad 12 cal, 1c. v = 1/2 credit, CHO 2g Jello Pear Fruit Cup 72 cal, 1/2c. f, CHO 19g
11 WG Macaroni and Cheese 290 cal, 2 oz. m/a, 1 g/b, CHO 31g Cooked Spinach 32 cal, 1/2c. v, CHO 5g (MHS) Fruit Punch 100% Juice 56 cal, 1/2c. f, CHO 13g	12 <u>Breakfast Tuesday*</u> WG Belgian Waffle Stick w/Syrup Packet 130 cal, 1 g/b, CHO 29g WG Chicken Nuggets (5) 190 cal, 2 oz. m/a, 1 g/b, CHO 11g Sliced Cucumber 18 cal, 1/2c. v, CHO 4g Applesauce w/Blueberries 58 cal, 1/2c. f, CHO 15g	13 Cobb Salad w/Egg, Diced Ham, Tomato, Corn, Cheese & HS Ranch 282 cal, 2 oz. m/a, 1c. GLV = 1/2c. v Credit (1c. v) CHO 10g WG Breadstick Cheese 130 cal, 1.5 g/b, CHO 23g Farm Fresh Orange Wedges 62 cal, 1/2c. f, CHO 15g	14 <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 Banana 105 cal, 1/2c. f, CHO 0g	15 Turkey & Gravy 120 cal, 2 oz. m/a, 1/2c. v, CHO 5g Mashed Potatoes 136 cal, 1/2c. v, CHO 24g Peas and Carrots 25 cal, 1/2c. v, CHO 5g WG Dinner Roll 29 cal, 1/2c. f, CHO 8g Fuji Apple 80 cal, 1/2c. f, CHO 22g
18 WG Fish Treasures 4pcs w/Ketchup Packets 230 cal, 2 oz. m/a, 1 1/4 g/b, CHO 17g Whole Grain Dinner Roll 90 cal, 1 g/b, CHO 16g Seasoned Wedge Potatoes 120 cal, 1/2c. v, CHO 20g Mixed Fruit 68 cal, 1/2c. f, CHO 18g	19 <u>Breakfast Tuesday</u> WG Strawberry Pancake Minis 230 cal, 2 g/b, CHO 40g Grilled Egg Patty 45 cal, 1 oz. m/a, CHO 1g Pork Sausage Patty 60 cal, 1 oz. m/a, CHO 1g Jicama w/Tajin 26 cal, 1/2c. v, CHO 11g Mandarin Oranges 58 cal, 1/2c. f, CHO 18g	20 WG Chicken Taquitos 227 cal, 2 oz. m/a, 2 g/b, CHO 27g Refried Beans Garnish W/Shredded Cheese 110 cal, 1/2c. v, CHO 20g Salsa Cup 30 cal, 1/4c. v, CHO 6g Applesauce Cupped 51 cal, 1/2c. f, CHO 14g	21 <u>Pizza Thursday</u> WG Pepperoni Pizza Sliders 311 cal, 2 oz. m/a, 2 g/b, 1/8c. v, CHO 30g Sweet Potato Fries 90 cal, 1/2c. v, CHO 15g Banana 105 cal, 1/2c. f, CHO 0g	22 Chili Con Carne & Beans 180 cal, 2 oz. m/a, 3/8c. v, CHO 11g WG Corn Bread Star 230 cal, 2 g/b, CHO 38g Steamed Broccoli Florets 27 cal, 1/2c. credit, CHO 6g Sliced Apples 34 cal, 1/2c. f, CHO 8g
25 WG Grilled Cheese 300 cal, 2 oz. m/a, 2 g/b, CHO 32g Vegetable Soup 25 cal, 1/4c v, CHO 4g Cooked Spinach 32 cal, 1/2c. v, CHO 5g Diced Peaches 68 cal, 1/2c. f, CHO 18g	26 <u>Breakfast Tuesday</u> WG Cinnamon Glaze French Toast 230 cal, 2 g/b, 1 oz. m/a, CHO 31g Ham Steak 60 cal, 1 oz. m/a, CHO 1g Bunny Luv Carrots w/Ranch Dressing 70 cal, 1/2c. v, CHO 4g Fresh Orange Wedges 62 cal, 1/2c. f, CHO 15g	27 WG Cheeseburger w/Ketchup & Mustard Packets 300 cal, 2 oz. m/a, 1 1/2 g/b, CHO 46g Sweet Potato Fries 90 cal, 1/2c. v, CHO 15g Jello Pear Fruit Cup 72 cal, 1/2c. f, CHO 19g	28 <u>Pizza Thursday</u> WG Bella Rosa Pepperoni Pizza 420 cal, 2.5 oz. m/a, 2.5 g/b, 1/8c. v, CHO 40g Romaine and Spinach Salad w/Ranch Dressing 47 cal, 1c. v = 1/2 Credit, CHO 2g Sliced Apples 34 cal, 1/2c. f, CHO 8g	29 WG Corn Dog 240 cal, 2 g/b, 2 oz. m/a, CHO 30g Chickpea Salad 166 cal, 1/2c. v, CHO 27g Raisins 114 cal, 1/4 c=1/2 cf credit, CHO 30g

This Menu is Subject to Change Without Prior Notice.

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