

Pearl Preparatory School

April 2017 Lunch Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Taco Bell Bean & Cheese Burrito Granola Bar Fruit Nacho Cheese Dorritos Milk	4 <u>Breakfast Tuesday</u> Jack in the Box Mini Pancakes Granola Bar Fruit Cup Go-GURT Milk	5 Burger King Hamburger Granola Bar Apple Sauce Goldfish Milk	6 <u>Pizza Thursday</u> Little Caesar's Pizza Go-GURT Fruit Cup Chips Milk	7 Burger King Chicken Nuggets Fries Fruit Cup/Applesauce Granola Bar/Chips Milk
10 Grilled Cheese on WG Bread 294 cal, 2 oz. m/a, 2 1/4 g/b, CHO 32g Vegetable Soup 25 cal, 1/4c v, CHO 4g Peas 62 cal, 1/2c. v, CHO 11g Mixed Fruit 60 cal, 1/2c. f, CHO 17g 596 cal	11 <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 100% Fruit Punch Juice 60 cal, 1/2c. f, CHO 13g 513 cal	12 WG Chicken Corn Dog w/Mustard and Ketchup Packet 240 cal, 2 g/b, 2 oz. m/a, CHO 30g Ranch Style Beans 130 cal, 1/2c. v, CHO 20g Farm Fresh Orange Wedges 62 cal, 1/2c. f, CHO 15g 587 cal	13 <u>Pizza Thursday</u> Bella Rosa Pepperoni Pizza 440 cal, 2.5 oz. m/a, 2.5 g/b, 1/8c. v, CHO 34g Bunny Luv Carrots w/Ranch Packet 92 cal, 1/2c. v, CHO 6g Banana 105 cal, 1/2c. f, CHO 27g 792 cal	14 WG Fish Treasures 4 Pcs. 190 cal, 2 oz. m/a, 1 1/4 g/b CHO 17g WG Dinner Roll 90 cal, 1g/b, CHO 16g Potato Smiles 140 cal, 1/2c. v, CHO 23g Red Applesauce 51 cal, 1/2c. f, CHO 16g 626 cal
17 	18	19	20	21 
<h1>EASTER VACATION</h1>				
24 WG Bean & Cheese Burrito w/Taco Sauce Packet 291 cal, 2 oz. m/a, 2 g/b, CHO 41g Corn on the Cob 38 cal, 1/4c. v, CHO 9g Pineapple Tidbits 69 cal, 1/2c. f, CHO 18g 553 cal	25 <u>Breakfast Tuesday</u> WG Breakfast Sausage Bites (3) 190 cal, 1 oz. m/a, 1 g/b, CHO 19g Colby Cheese Omelet 110 cal, 2 oz. m/a, CHO 1g Sliced Cucumber w/Tajin 18 cal, 1/2c. v, CHO 4g Grapes, CHO 8g 55 cal, 1/2 c f, CHO 15g 528 cal	26 Ravioli 260 cal, 2 m/a, 3/8c. v, CHO 30g WG Aloha Roll 90 cal, 1 g/b, CHO 16g Bunny Luv Carrots w/Ranch Packet 92 cal, 1/2c. v, CHO 6g Sliced Apples 34 cal, 1/2c. f, CHO 8g 631 cal	27 <u>Pizza Thursday</u> WG Breakfast Sausage Pizza 440 cal, 2 oz. m/a, 3 g/b, CHO 48g Green Beans 18 cal, 1/2c. v, CHO 6g Banana 105 cal, 1/2c. f, CHO 27g 718 cal	28 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 Fresh Farm Apple 35 cal, 1/2c. f, CHO 9g 627 cal
<u>ALTERNATE MEAL</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 Stix w/Peanut Butter 30+167 cal, 3/4 c. v, 1 oz m/a, CHO 8g	<u>SACK LUNCH MEAL</u> available daily WG Uncrustable Sandwich w/ Peanut Butter & Jelly 210 cal, 1 oz.m/a, 1g.b, CHO 28g Carrots, 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	 Cucumbers have not received as much press as other vegetables in terms of health benefits, but this widely cultivated food provides us with a unique combination of nutrients. At the top of the phytonutrient list for cucumbers are its cucurbitacins, lignans, and flavonoids. These three types of phytonutrients found in cucumbers provide us with valuable antioxidant, anti-inflammatory, and anti-cancer benefits.		

The USDA and the CDE are Equal Opportunity Providers and Employers.

This Menu is Subject to Change Without Prior Notice.