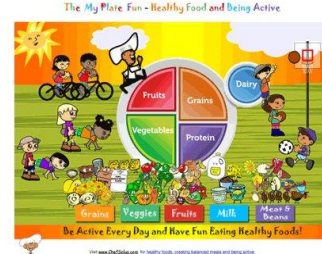
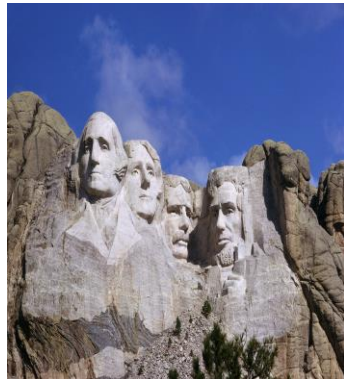


Pearl Preparatory School

February 2018 Lunch Menu

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

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HARVEST OF THE MONTH			Eat Moderate Portions and Play Hard!!! 	1 <u>Pizza Thursday</u> WG Cheese Stuffed Pizza Sticks 300 cal, 2 g/b, 2 oz. m/a, CHO 34g Marinara Sauce 80 cal, 1/2c. v, CHO 10g Romaine Spinach Salad w/Ranch Dressing 70 cal, 1/2c. v, CHO 4g Green Beans 9 cal, 1/4c. v, CHO 3g Banana 105 cal, 1/2c. f, CHO 27g 684 cal	2 WG Chicken Sandwich w/Ketchup & Mustard Packet 370 cal, 3.5 g/b, 2 oz. m/a, CHO 39g Seasoned Diced Carrots 27 cal, 1/2c. v, CHO 6g Chickpea Salad 83 cal, 1/4c. v, CHO 14g Jell-O Pear Fruit Cup 72 cal, 1/2c. f, CHO 19g 672 cal
"before" GREAT NORTHERN BEANS "after"					
 					
Low-Fat, Cholesterol-Free, Low- Calorie Source of Iron, Dietary Fiber, Potassium and Protein. According to the Harvard School of Public Health Consuming Plenty of Beans Like These, Will Decrease the Risk of Heart Disease, Obesity, Hypertension, and Stroke.					
5 Grilled Cheese Sandwich 280 cal, 2 oz. m/a, 2 g/b, CHO 41g Tomato Soup 66 cal, 1/2c. v, CHO 16g Whole Kernel Corn 19 cal, 1/4c. v, CHO 5g Mixed Fruit 80 cal, 1/2c. f, CHO 17g 565 cal	6 <u>Breakfast Tuesday</u> WG Mini Strawberry Pancakes 220 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* 135 cal, 1/4c. v, CHO 15g Cooked Broccoli 26 cal, 1/2c. v, CHO 5g Fresh Tangerines 43 cal, 1/2c. f, CHO 11g 674 cal	7 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 Peas and Carrots 13 cal, 1/4c. v, CHO 3g Farm Fresh Apple 35 cal, 1/2c. f, CHO 9g 538 cal	8 <u>Pizza Thursday</u> WG Galaxy Cheese Pizza 290 cal, 2 oz. m/a, 2 g/b, 1/8c. v, CHO 37g Bunny Luv Carrots w/Ranch Packet 70 cal, 1/2c. v, CHO 4g Green Beans 9 cal, 1/4c. v, CHO 3g Banana 105 cal, 1/2c. f, CHO 27g 594 cal	9 WG Chili Mac 6 oz. 215 cal, 2 oz. m/a, 2 g/b, CHO 16g WG Three Cheese Breadstix 130 cal, 1 1/2 g/b, CHO 23g Peas and Carrots 25 cal, 1/2c. v, CHO 5g Chickpea Salad 83 cal, 1/4c. v, CHO 14g Dried Cranberries 110 cal, 1/2c. f, CHO 28g 683 cal	
12 Abraham Lincoln's Birthday! Burger King Chicken Nuggets Fries Fruit Cup Granola Bar Milk	13 <u>Breakfast Tuesday</u> WG Assorted Pan Dulce 220 cal, 2 g/b, CHO 34g Colby Cheese Omelet 110 cal, 2 oz. m/a, CHO 1g Sausage Patty 60 cal, 1 oz. m/a, CHO 1g Sliced Cucumber w/Tajin 18 cal, 1/2c. v, CHO 4g Cooked Broccoli 13 cal, 1/4c. v, CHO 3g Side Kick 100% Juice 80 cal, 1/2c. f, CHO 20g 621 cal	14  WG Cheeseburger w/Ketchup & Mustard Packets 300 cal, 2 oz. m/a, 1 1/2 g/b, CHO 46g Great Northern Beans (HOTM) 149 cal, 1/2c. v, CHO 28g Peas and Carrots 13 cal, 1/4c. v, CHO 3g Apple Pear 51 cal, 1/2c. f, CHO 13g Heart Shaped Cookie 160 cal, .75 g/b, CHO 21g 793 cal	15 <u>Pizza Thursday</u> Domino's Smart Slice Pepperoni Pizza (8 Slc) 250 cal, 2 m/a, 2 g/b, v, CHO 40g Seasoned Carrot Coins 18 cal, 1/2c. v, CHO 4g Green Beans 9 cal, 1/4c. v, CHO 3g Pineapple Tidbits 69 cal, 1/2c. f, CHO 18g 466 cal	16 WG Bean & Cheese Tamale 347 cal, 2 g/b, 2 oz. m/a, CHO 56g Romaine Spinach Salad w/Ranch Dressing 70 cal, 1/2c. v, CHO 4g Chickpea Salad 83 cal, 1/4c. v, CHO 14g Applesauce & Blueberries 46 cal, 1/2c. f, CHO 12g 666 cal	
19 President's Day Holiday! No School Today 	20 <u>Breakfast Tuesday</u> WG Pancake & Sausage on a Stick 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 Cooked Broccoli 13 cal, 1/4c. v, CHO 3g Pineapple Tidbits 69 cal, 1/2c. f, CHO 18g 520 cal	21 <u>Manager Special</u> 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 Peas and Carrots 13 cal, 1/4c. v, CHO 3g Banana 105 cal, 1/2c. f, CHO 27g 680 cal	22 <u>Pizza Thursday</u> WG Breakfast Sausage Pizza 440 cal, 2 oz. m/a, 3 g/b, CHO 48g Vegetarian Beans 110 cal, 1/2c. v, CHO 10g Green Beans 9 cal, 1/4c. v, CHO 3g Sliced Apples 34 cal, 1/2c. f, CHO 8g 713 cal	23 WG Mac & Cheese 6 oz. 295 cal, 2 oz. m/a, 1 g/b, CHO 31g Whole Grain Dinner Roll 90 cal, 1 g/b, CHO 16g Broccoli 27 cal, 1/2c. v, CHO 6g Chickpea Salad 83 cal, 1/4c. v, CHO 14g Baked Cinnamon Apple 35 cal, 1/2c. f, CHO 9g 650cal	
26 WG Cheese Enchiladas 347 cal, 2 g/b, 2 oz. m/a, CHO 56g Romaine Spinach Salad w/Ranch Dressing 70 cal, 1/2c. v, CHO 4g Whole Kernel Corn 19 cal, 1/4c. v, CHO 5g Applesauce & Blueberries 46 cal, 1/2c. f, CHO 12g 602 cal	27 <u>Breakfast Tuesday</u> Cinnamon Glaze French Toast 230 cal, 2 g/b, 1 oz. m/a, CHO 31g Hard Boiled Egg (Pasteurized) 70 cal, 1 oz. m/a, CHO 1g Sausage Patty 60 cal, 1 oz. m/a, CHO 1g Jicama w/Tajin 26 cal, 1/2c. v, CHO 11g Cooked Broccoli 13 cal, 1/4c. v, CHO 3g Fresh Tangerines 43 cal, 1/2c. f, CHO 11g 562 cal	28 Orange Chicken and WG Brown Rice Bowl 408 cal, 2m/a, 2g/b, CHO 57g Broccoli 26 cal, 1/2c. v, CHO 5g Black Beans 55 cal, 1/4c. v, CHO 10g Banana 105 cal, 1/2c. f, CHO 27g 714 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 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		<u>SACK LUNCH MEAL</u> available daily 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