

Pearl Preparatory School

October 2021 Lunch Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Harvest of The Month (HOTM)</p> 		<p>**Cherry Tomatoes** 1 cup provides almost as much potassium as a med. banana with 400mg aiding in sodium excretion and blood pressure mgmt. Its vitamin C, lycopene and beta carotene, which are know as antioxidants.</p>	<p>1 Hamburger 390 cal, 2 oz. m/a, 2 1/2 g/b, CHO 41g or WG Two Cheese Pizza Stix with Marinara Sauce 300 cal, 2 oz. m/a, 2 g/b, CHO 32g 50 cal, 1/2 c. v, CHO 10g</p>	
<p>4 WG Fish Treasures (4 Pcs.) 190 cal, 2 oz. m/a, 1 1/4 g/b CHO 17g OR WG Grilled Cheese Sandwich 280 cal, 2 oz. m/a, 2 g/b, CHO 32g</p>	<p>5 Breakfast Tuesday WG Pancake and Sausage on a Stick 202 cal, 1 oz. m/a, 1 1/2 g/b, CHO 23g OR WG Bean & Cheese Pupusa 290 cal, 2 oz. m/a, 2 g/b, CHO 35g</p>	<p>6 WG Chicken Sandwich 378 cal, 3 1/2 g/b, 2 oz. m/a, CHO 38g OR WG Pretzel Chicken Dogs 300 cal, 2 oz. m/a, 2 g/b, CHO 41g</p>	<p>7 Pizza Thursday WG Domino's Smart Slice Pepperoni Pizza (8 Slc) 260 cal, 2 m/a, 2 g/b, 1/8 c. v, CHO 28g OR Chix Burrito w/ Green Sauce 350 cal, 2 oz. m/a, 2 1/4 g/b, CHO 41g</p>	<p>8 Turkey, Gravy & Mashed Potatoes 8 oz. 230 cal, 2 m/a, 1/2 c. v, CHO 30g OR WG Grilled Cheese w/Turkey Bacon 299 cal, 2 oz. m/a, 2 g/b, CHO 33g</p>
<p>11 WG Bean & Cheese Burrito 320 cal, 2 oz. m/a, 2 g/b, CHO 44g OR Fish Treasures Nuggets 230 cal, 2 oz. m/a, 1 g/b, CHO 20g</p>	<p>12 Breakfast Tuesday Chicken Nuggets & Waffles 410 cal, 2 oz. m/a, 3 g/b, CHO 48g OR WG Macaroni and Cheese 290 cal, 2 oz. m/a, 1 g/b, CHO 31g</p>	<p>13 WG Orange Chicken Bowl 150 cal, 2 oz. m/a, CHO 19g OR Mini Corn Dogs 270 cal, 2 oz. m/a, 2 g/b, CHO 30g</p>	<p>14 Pizza Thursday WG Domino's Smart Slice Pepperoni Pizza (8 Slc) 260 cal, 2 m/a, 2 g/b, 1/8 c. v, CHO 28g OR Chicken Quesadilla w/Green Salsa 360 cal, 2 oz. m/a, 2 g/b, CHO 25g</p>	<p>15 WG Spaghetti w/Meat Sauce 322 cal, 2 m/a, 3/8 c. v, CHO 34g OR WG Galaxy Cheese Pizza 280 cal, 2 oz. m/a, 2 g/b, 1/8 c. v, CHO 26g</p>
<p>18 WG Macaroni and Cheese 350 cal, 2 oz. m/a, 1 g/b, CHO 23g OR WG Beef & Cheese Chalupa 180 cal, 2 oz. m/a, 1 g/b, CHO 8g</p>	<p>19 Breakfast Tuesday Omelet Turkey Sausage & Cheese on WG Tortilla 180 cal, 2 oz. m/a, 1 g/b CHO 14g OR WG Chili Cheese Hot Dog 298 cal, 2 oz. m/a, 2 g/b, CHO 33g</p>	<p>20 WG Hot Dog 280 cal, 2 oz. m/a, 2 g/b CHO 28g OR Mini Cheeseburger Twins 390 cal, 2 oz. m/a, 2 1/2 g/b, CHO 41g</p>	<p>21 Pizza Thursday WG Domino's Smart Slice Pepperoni Pizza (8 Slc) 260 cal, 2 m/a, 2 g/b, 1/8 c. v, CHO 28g OR Chili Con Carne & Beans 180 cal, 2 oz. m/a, 3/8 c. v, CHO 11g</p>	<p>22 Chicken Nuggets w/WG Roll 280 cal, 2 oz. m/a, 2 g/b, CHO 27g OR WG Two Cheese Pizza Stix with Marinara Sauce 300 cal, 2 oz. m/a, 2 g/b, CHO 32g 50 cal, 1/2 c. v, CHO 10g</p>
<p>25 WG Fish Treasures (4 Pcs.) 190 cal, 2 oz. m/a, 1 1/4 g/b CHO 17g OR WG Grilled Cheese Sandwich 280 cal, 2 oz. m/a, 2 g/b, CHO 32g</p>	<p>26 Breakfast Tuesday WG Pancake and Sausage on a Stick 202 cal, 1 oz. m/a, 1 1/2 g/b, CHO 23g OR WG Bean & Cheese Pupusa 290 cal, 2 oz. m/a, 2 g/b, CHO 35g</p>	<p>27 WG Chicken Sandwich 378 cal, 3 1/2 g/b, 2 oz. m/a, CHO 38g OR WG Pretzel Chicken Dog 300 cal, 2 oz. m/a, 2 g/b, CHO 41g</p>	<p>28 Pizza Thursday WG Domino's Smart Slice Pepperoni Pizza (8 Slc) 260 cal, 2 m/a, 2 g/b, 1/8 c. v, CHO 28g OR Chix Burrito w/ Green Sauce 350 cal, 2 oz. m/a, 2 1/4 g/b, CHO 41g</p>	<p>29 Turkey, Gravy & Mashed Potatoes 8 oz. 230 cal, 2 m/a, 1/2 c. v, CHO 30g OR WG Grilled Cheese w/Turkey Bacon 299 cal, 2 oz. m/a, 2 g/b, CHO 33g</p>