

# Pearl Preparatory School

## October 2019 Lunch Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>October 1</b></p> <p><b><u>Breakfast Tuesday</u></b>  <b>Cinnamon French Toast</b>                      230 cal, 2 g/b, 1 oz. m/a, CHO 32g  <b>Egg Patty</b>                      45 cal, 1 oz. m/a, CHO 4g  <b>Turkey Ham</b>                      46 cal, 1oz. m/a, CHO 2g  <b>Tater Tots</b>                      114 cal, 1/2c. v, CHO 16g  <b>Bunny Luv Carrots w/Ranch Packet</b>                      70 cal, 1/2c. v, CHO 4g                      100% Orange Juice                      56 cal, 1/2c. f, CHO 15g  <b>681 cal</b></p>	<p>2</p> <p><b>Cheeseburger</b>                      w/Ketchup &amp; Mustard Packet                      314 cal, 2.5 oz. m/a, 2 g/b, CHO 41g  <b>Romaine and Spinach Salad w/Ranch Dressing</b>                      47 cal, 1/2c. v = 1/4 Credit, CHO 2g  <b>Ranch Style Beans</b>                      57 cal, 1/2c. v, CHO 5g  <b>Banana</b>                      105 cal, 1/2c. f, CHO 19g  <b>643 cal</b></p>	<p>3</p> <p><b><u>Pizza Thursday</u></b>  <b>Cheese Pizza Sliders</b>                      343 cal, 2 g/b, 2 oz. m/a, CHO 30g  <b>Roasted Butternut Squash</b>                      126 cal, 1/2c. V, CHO 30g  <b>Celery Sticks</b>                      10 cal, 1/2 c. v, CHO 1g  <b>Grapes</b>                      55 cal, 1/2c. f, CHO 15g  <b>650 cal</b></p>	<p>4</p> <p><b><u>Manager Special</u></b>  <b>Chicken Sandwich</b>                      w/Ketchup &amp; Mustard Packet                      320 cal, 2.5 g/b, 2 oz. m/a, CHO 39g  <b>Mixed Veggie</b>                      60 cal, 1/2c. v, CHO 12g  <b>Broccoli</b>                      26 cal, 1/2c. v, CHO 5g  <b>Sliced Apples</b>                      34 cal, 1/2c. f, CHO 8g  <b>604 cal</b></p>
<p>7</p> <p><b>Macaroni and Cheese</b>                      290 cal, 2 oz. m/a, 1 g/b, CHO 31g  <b>WG Dinner Roll</b>                      90 cal, 1g/b, CHO 16g  <b>Cooked Green Beans</b>                      18 cal, 1/2c. v, CHO 6g  <b>Whole Kernel Corn</b>                      33 cal, 1/4c. v, CHO 8g  <b>Mixed Fruit</b>                      60 cal, 1/2c. f, CHO 17g  <b>611 cal</b></p>	<p>8</p> <p><b><u>Breakfast Tuesday</u></b>  <b>Mini Strawberry Pancakes</b>                      220 cal, 2 g/b, CHO 40g  <b>Hard Boiled Egg (Pasteurized)</b>                      70 cal, 1 oz. m/a, CHO 1g  <b>Sausage Patty</b>                      60 cal, 1 oz. m/a, CHO 1g  <b>Hash Brown Rounds</b>                      100 cal, 1/2c. v, CHO 16g  <b>Mixed Veggie</b>                      30 cal, 1/4c. v, CHO 6g  <b>Sliced Apples</b>                      34 cal, 1/2c. f, CHO 8g  <b>636 cal</b></p>	<p>9</p> <p><b>Corn Dog</b>                      w/Mustard and Ketchup Packet                      240 cal, 2 g/b, 2 oz. m/a, CHO 30g  <b>Roasted Butternut Squash</b>                      126 cal, 1/2c. V, CHO 30g  <b>Broccoli</b>                      26 cal, 1/2c. v, CHO 5g  <b>Farm Fresh Orange Slices</b>                      62 cal, 1/2c. f, CHO 15g  <b>574 cal</b></p>	<p>10</p> <p><b><u>Pizza Thursday</u></b>  <b>Domino's Smart Slice Pepperoni Pizza (8 Slc)</b>                      250 cal, 2 m/a, 2 g/b, v, CHO 40g  <b>Romaine and Spinach Salad w/Ranch Dressing</b>                      47 cal, 1c. v = 1/2 Credit, CHO 2g  <b>Bunny Luv Carrots w/Ranch Packet</b>                      70 cal, 1/2c. v, CHO 4g  <b>Strawberry Applesauce</b>                      35 cal, 1/2c. f, CHO 12g  <b>522 cal</b></p>	<p>11</p> <p><b>Orange Chicken</b>                      90 cal, 2 oz. m/a, CHO 6g  <b>Brown Rice</b>                      108 cal, 1 g/b, CHO 22g  <b>Green Peas</b>                      62 cal, 1/2c. v, CHO 12g  <b>Ranch Style Beans</b>                      57 cal, 1/4c. v, CHO 5g  <b>Fortune Cookie</b>                      10 cal, 0 g/b, CHO 2g  <b>Pineapple Tidbits</b>                      69 cal, 1/2c. f, CHO 18g  <b>516 cal</b></p>
<b>NATIONAL SCHOOL LUNCH WEEK: October 14- 18, 2019</b>				
<p>14</p> <p><b>Grilled Cheese Sandwich</b>                      360 cal, 2 oz. m/a, 2 g/b, CHO 30g  <b>Tomato Soup</b>                      66 cal, 1/2c. v, CHO 16g  <b>Whole Kernel Corn</b>                      38cal, 1/2c. v, CHO 9g  <b>Diced Peaches</b>                      68 cal, 1/2c. f, CHO 18g  <b>650 cal</b></p>	<p>15</p> <p><b><u>Breakfast Tuesday</u></b>  <b>WG Pancake and Sausage on a Stick</b>                      202 cal, 1 oz. m/a, 1.5 g/b, CHO 23g  <b>Colby Cheese Omelet</b>                      110 cal, 2 oz. m/a, CHO 1g  <b>Bunny Luv Carrots w/Ranch Packet</b>                      70 cal, 1/2c. v, CHO 4g  <b>Mixed Vegetables</b>                      30 cal, 1/4c. v, CHO 6g  <b>Apple Slices</b>                      34 cal, 1/2c. f, CHO 8g  <b>611 cal</b></p>	<p>16</p> <p><b>Chicken Alfredo Pasta*</b>                      201 cal, 1 g/b, 2 oz. m/a, CHO 23g  <b>Broccoli</b>                      26 cal, 1/2c. v, CHO 5g  <b>Corn Bread Loaf</b>                      230 cal, 2g/b, CHO 38g  <b>Jell-O Blueberry Fruit Cup</b>                      62 cal, 1/2c. f, CHO 16g  <b>639 cal</b></p>	<p>17</p> <p><b><u>Pizza Thursday</u></b>  <b>Galaxy Pepperoni Pizza</b>                      290 cal, 2 oz. m/a, 2 g/b, 1/8c. v, CHO 37g  <b>Romaine and Spinach Salad* w/Ranch Dressing</b>                      47 cal, 1c. v = 1/2 Credit, CHO 2g  <b>Bunny Luv Carrots w/Ranch Packet</b>                      70 cal, 1/2c. v, CHO 4g  <b>Banana</b>                      105 cal, 1/2c. f, CHO 19g  <b>632 cal</b></p>	<p>18</p> <p><b>Hot Dog</b>                      w/Ketchup &amp; Mustard Packets                      292 cal, 2 oz. m/a, 2 g/b, CHO 31g  <b>Vegetarian beans</b>                      119cal, 1/2c. v, CHO 27g  <b>Mixed Veggies</b>                      30 cal, 1//4c. v, CHO 16g  <b>Diced Apricot</b>                      60 cal, 1/2c. f, CHO 16g  <b>622 cal</b></p>
<b>NATIONAL RED RIBBON WEEK: October 23 - 31, 2019</b>				
<p>21</p> <p><b>Bean &amp; Cheese Burrito w/Taco Sauce Packet</b>                      291 cal, 2 oz. m/a, 2 g/b, CHO 41g  <b>Romaine and Spinach Salad w/Ranch Dressing</b>                      47 cal, 1/2c. v = 1/4 Credit, CHO 2g  <b>Savory Peas</b>                      57 cal, 1/2c. v, CHO 5g  <b>SideKick 100% Juice</b>                      80 cal, 1/2c. f, CHO 20g  <b>595 cal</b></p>	<p>22</p> <p><b><u>Breakfast Tuesday</u></b>  <b>Belgian Waffle Stix w/Syrup Packet</b>                      156 cal, 1 g/b, CHO 35g  <b>Chicken Nuggets (5 Pcs.)</b>                      190 cal, 2 oz. m/a, 1 g/b, CHO 11g  <b>Cooked Seasoned Carrots</b>                      87 cal, 1/2c. v, CHO 4g  <b>Sliced Cucumber</b>                      18 cal, 1/2c. v, CHO 4g  <b>100% Fruit Punch Juice</b>                      60 cal, 1/2c. f, CHO 15g  <b>631 cal</b></p>	<p>23</p> <p><b><u>Manager Choice</u> or</b>  <b>Roasted Chicken</b>                      142 cal, 2 oz. m/a, CHO 0g  <b>WG Brown Rice</b>                      108 cal, 1 g/b, CHO 22g  <b>Broccoli</b>                      26 cal, 1/2c. v, CHO 5g  <b>Mixed Veggie</b>                      60 cal, 1/4c. v, CHO 12g  <b>Sliced Apples</b>                      34 cal, 1/2c. f, CHO 8g  <b>578 cal</b></p>	<p>24</p> <p><b><u>Pizza Thursday</u></b>  <b>Cheese Pizza Sliders</b>                      343 cal, 2 g/b, 2 oz. m/a, CHO 30g  <b>Romaine and Spinach Salad* w/Ranch Dressing</b>                      47 cal, 1/2c. v = 1/4 Credit, CHO 2g  <b>Black Beans</b>                      57 cal, 1/2c. v, CHO 11g  <b>SideKick 100% Juice</b>                      80 cal, 1/2c. f, CHO 20g  <b>647 cal</b></p>	<p>25</p> <p><b>Chicken Nuggets (5 Pcs.)</b>                      190 cal, 2 oz. m/a, 1 g/b, CHO 11g  <b>Emoticon Potatoes w/Ketchup</b>                      140 cal, 1/2c. v, CHO 15g  <b>Green Beans</b>                      18 cal, 1/2c. v, CHO 6g  <b>Farm Fresh Orange Slices</b>                      62 cal, 1/2c. f, CHO 15g  <b>597 cal</b></p>
<p>28</p> <p><b>Fish Treasures 4 pcs.</b>                      190 cal, 2 oz. m/a, 1 1/4 g/b, CHO 17g  <b>Potato Smiles w/Ketchup</b>                      140 cal, 1/2c. v, CHO 15g  <b>Green Beans</b>                      18 cal, 1/2c. v, CHO 6g  <b>Jell-O w/Pear Cup</b>                      72 cal, 1/2c. f, CHO 19g  <b>595 cal</b></p>	<p>29</p> <p><b><u>Breakfast Tuesday</u></b>  <b>Cinnamon French Toast</b>                      230 cal, 2 g/b, 1 oz. m/a, CHO 32g  <b>Egg Patty</b>                      45 cal, 1 oz. m/a, CHO 4g  <b>Turkey Ham</b>                      46 cal, 1oz. m/a, CHO 2g  <b>Tater Tots</b>                      114 cal, 1/2c. v, CHO 16g  <b>Bunny Luv Carrots w/Ranch Packet</b>                      70 cal, 1/2c. v, CHO 4g                      100% Orange Juice                      56 cal, 1/2c. f, CHO 15g  <b>681 cal</b></p>	<p>30</p> <p><b>Cheeseburger</b>                      w/Ketchup &amp; Mustard Packet                      314 cal, 2.5 oz. m/a, 2 g/b, CHO 41g  <b>Romaine and Spinach Salad w/Ranch Dressing</b>                      47 cal, 1/2c. v = 1/4 Credit, CHO 2g  <b>Ranch Style Beans</b>                      57 cal, 1/2c. v, CHO 5g  <b>Banana</b>                      105 cal, 1/2c. f, CHO 19g  <b>578 cal</b></p>	<p>31</p> <p><b><u>Pizza Thursday</u></b>  <b>Cheese Pizza Sliders</b>                      343 cal, 2 g/b, 2 oz. m/a, CHO 30g  <b>Roasted Butternut Squash</b>                      126 cal, 1/2c. V, CHO 30g  <b>Celery Sticks</b>                      10 cal, 1/2 c. v, CHO 1g  <b>Grapes</b>                      55 cal, 1/2c. f, CHO 15g    <b>647 cal</b></p>	<p><b><u>Available Daily</u></b>  <b>Yogurt Parfait</b>                      w/ Fruit and WG Granola                      332 cal, 1 oz.m/a, 1g.b, 1/2 c f CHO 71g  <b>String Cheese</b>                      80 cal, 1 oz. m/a, CHO 1g  <b>Celery Stix w/Peanut Butter</b>                      30+167 cal, 3/4 c. v, 1 oz m/a, CHO 8g                      Or  <b>WG Uncrustable Sandwich w/ Peanut Butter &amp; Jelly</b>                      210 cal, 1 oz.m/a, 1g.b, CHO 28g  <b>String Cheese</b>                      80 cal, 1 oz. m/a, CHO 1g  <b>Celery Stix w/Peanut Butter</b>                      30+167 cal, 3/4 c. v, 1 oz m/a, CHO 8g  <b>Daily Menued Fruit</b>                      34--105 cal, 1/2c. f, CHO 27g</p>