

# Pearl Preparatory School

## August 2019 Lunch Menu

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



### ALTERNATE MEALS 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

**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

August 19  
**Grilled Cheese Sandwich**  
360 cal, 2 oz. m/a, 2 g/b, CHO 30g  
**Mixed Veggies\***  
30 cal, 1/4c. v, CHO 6g  
**Roasted Butternut Squash**  
126 cal, 1/2c. V, CHO 30g  
**Diced Peaches**  
68 cal, 1/2c. f, CHO 18g  
  
**734 cal**

20  
**Hot Dog**  
w/Ketchup & Mustard Packets  
292 cal, 2 oz. m/a, 2 g/b, CHO 31g  
**Seasoned Potato Wedges**  
150 cal, 1/2c. v, CHO 19g  
**Whole Kernel Corn**  
38cal, 1/2c. v, CHO 9g  
**Diced Apricot**  
60 cal, 1/2c. f, CHO 16g  
**660 cal**

21  
**Chicken Alfredo Pasta**  
201 cal, 1 g/b, 2 oz. m/a, CHO 23g  
**Broccoli**  
26 cal, 1/2c. v, CHO 5g  
**WG Corn Bread Loaf**  
230 cal, 2g/b, CHO 38g  
**Jell-O Blueberry Fruit Cup**  
62 cal, 1/2c. f, CHO 16g  
**639 cal**

22  
**Pizza Thursday**  
**Galaxy Pepperoni Pizza**  
290 cal, 2 oz. m/a, 2 g/b, 1/8c. v, CHO 37g  
**Romaine and Spinach Salad\***  
w/Ranch Dressing  
47 cal, 1c. v = 1/2 Credit, CHO 2g  
**Bunny Luv Carrots w/Ranch Packet**  
70 cal, 1/2c. v, CHO 4g  
**Banana**  
105 cal, 1/2c. f, CHO 19g  
**632 cal**

23  
**Cheeseburger Twins**  
322 cal, 2 oz m/a, 2 g/b, CHO 38g  
**Vegetarian Beans**  
119 cal, 1/2c. v, CHO 27g  
**Green Beans**  
9 cal, 1/4c. v, CHO 3g  
**Farm Fresh Orange Slices**  
62 cal, 1/2c. f, CHO 15g  
**641 cal**

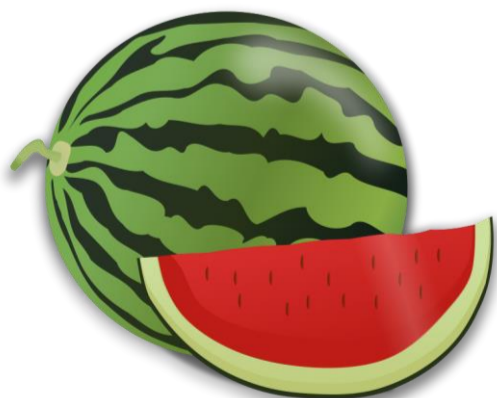
26  
**Bean & Cheese Burrito**  
w/Taco Sauce Packet  
291 cal, 2 oz. m/a, 2 g/b, CHO 41g  
**Romaine and Spinach Salad**  
w/Ranch Dressing  
47 cal, 1/2c. v = 1/4 Credit, CHO 2g  
**Savory Peas**  
57 cal, 1/2c. v, CHO 5g  
**SideKick 100% Juice**  
80 cal, 1/2c. f, CHO 20g  
**595 cal**

27  
**Chicken Nuggets (5 Pcs.)**  
190 cal, 2 oz. m/a, 1 g/b, CHO 11g  
**Emoticon Potatoes w/Ketchup**  
140 cal, 1/2c. v, CHO 15g  
**Green Beans**  
25 cal, 1/2c. v, CHO 5g  
**100% Fruit Punch Juice**  
60 cal, 1/2c. f, CHO 15g  
**597 cal**

28  
**Manager Choice** or  
**Teriyaki Chicken**  
130 cal, 2 oz. m/a, CHO 10g  
**Brown Rice**  
108 cal, 1 g/b, CHO 22g  
**Broccoli**  
26 cal, 1/2c. v, CHO 5g  
**Cooked Seasoned Carrots**  
87 cal, 1/2c. v, CHO 4g  
**Orange Wedges**  
62 cal, 1/2c. f, CHO 15g  
**471 cal**

29  
**Pizza Thursday**  
**Cheese Pizza Sliders**  
343 cal, 2 g/b, 2 oz. m/a, CHO 30g  
**Romaine and Spinach Salad\***  
w/Ranch Dressing  
47 cal, 1/2c. v = 1/4 Credit, CHO 2g  
**Roasted Butternut Squash**  
126 cal, 1/2c. V, CHO 30g  
**Watermelon (HOTM)**  
80 cal, 1/2c. f, CHO 20g  
**647 cal**

30  
**Turkey Corn Dog Bites**  
w/Ketchup & Mustard Packet  
170 cal, 2 oz. m/a, 2 g/b, CHO 22g  
**Vegetarian Beans**  
119 cal, 1/2c. v, CHO 27g  
**Mixed Vegetable**  
30cal, 1/4c. v, CHO 6g  
**Sliced Apples**  
34 cal, 1/2c. f, CHO 8g  
**633 cal**



**Watermelons** are mostly water — about 92 percent — but this refreshing fruit is soaked with nutrients. Each juicy bite has significant levels of vitamins A, B6 and C, lots of lycopene, antioxidants and amino acids. There's even a modest amount of potassium



### 2018-2019 Pricing

Lunch w/ Milk = \$5.00

Only Milk = \$0.50