

Pearl Preparatory School

January 2020 Lunch Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<u>ALTERNATE MEALS</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 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	
6	7	8	9	10
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	<u>Breakfast Tuesday</u> Belgian Waffle Stix w/Syrup Packet 156 cal, 1 g/b, CHO 35g Chicken Nuggets (5 pc) 190 cal, 2 oz. m/a, 1 g/b, CHO 11g Cooked Seasoned Carrots 87 cal, 1/2c. v, CHO 4g Sliced Cucumber 18 cal, 1/2c. v, CHO 4g 100% Fruit Punch Juice 60 cal, 1/2c. f, CHO 15g 631 cal	<u>Manager's Choice</u> or Roasted Chicken 142 cal, 2 oz. m/a, CHO 0g WG Brown Rice 108 cal, 1 g/b, CHO 22g Broccoli 26 cal, 1/2c. v, CHO 5g Mixed Veggie 60 cal, 1/4c. v, CHO 12g Sliced Apples 34 cal, 1/2c. f, CHO 8g 578 cal	<u>Pizza Thursday</u> 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 Black Beans 57 cal, 1/2c. v, CHO 11g SideKick 100% Juice 80 cal, 1/2c. f, CHO 20g 647 cal	Chicken Nuggets (5 pc) 190 cal, 2 oz. m/a, 1 g/b, CHO 11g Emoticon Potatoes w/Ketchup 140 cal, 1/2c. v, CHO 15g Green Beans 18 cal, 1/2c. v, CHO 6g Farm Fresh Orange Slices 62 cal, 1/2c. f, CHO 15g 597 cal
13	14	15	16	17
Fish Treasures 4 pcs. 190 cal, 2 oz. m/a, 1 1/4 g/b, CHO 17g Potato Smiles w/Ketchup 140 cal, 1/2c. v, CHO 15g Green Beans 18 cal, 1/2c. v, CHO 6g Jell-O w/Pear Cup 72 cal, 1/2c. f, CHO 19g 540 cal	<u>Breakfast Tuesday</u> Cinnamon French Toast 230 cal, 2 g/b, 1 oz. m/a, CHO 32g Egg Patty 45 cal, 1 oz. m/a, CHO 4g Turkey Ham 46 cal, 1oz. m/a, CHO 2g Tater Tots 114 cal, 1/2c. v, CHO 16g Bunny Luv Carrots w/Ranch Packet 70 cal, 1/2c. v, CHO 4g 100% Orange Juice 56 cal, 1/2c. f, CHO 15g 681 cal	Cheeseburger w/Ketchup & Mustard Packet 314 cal, 2.5 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 Ranch Style Beans 57 cal, 1/2c. v, CHO 5g Banana 105 cal, 1/2c. f, CHO 19g 643 cal	<u>Pizza Thursday</u> Cheese Pizza Sliders 343 cal, 2 g/b, 2 oz. m/a, CHO 30g Roasted Butternut Squash 126 cal, 1/2c. V, CHO 30g Celery Sticks 10 cal, 1/2 c. v, CHO 1g Grapes 55 cal, 1/2c. f, CHO 15g 650 cal	<u>Manager Special</u> Chicken Sandwich w/Ketchup & Mustard Packet 320 cal, 2.5 g/b, 2 oz. m/a, CHO 39g Mixed Veggie 60 cal, 1/2c. v, CHO 12g Bunny Luv Carrots w/Ranch Packet 70 cal, 1/2c. v, CHO 4g Sliced Apples 34 cal, 1/2c. f, CHO 8g 604 cal
20	21	22	23	24
Dr. Martin Luther King Jr. Holiday No School 	<u>Breakfast Tuesday</u> 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 Rounds 100 cal, 1/2c. v, CHO 16g Mixed Veggie 30 cal, 1/4c. v, CHO 6g Sliced Apples 34 cal, 1/2c. f, CHO 8g 636 cal	Corn Dog w/Mustard and Ketchup Packet 240 cal, 2 g/b, 2 oz. m/a, CHO 30g Roasted Butternut Squash 126 cal, 1/2c. V, CHO 30g Broccoli 26 cal, 1/2c. v, CHO 5g Farm Fresh Orange Slices 62 cal, 1/2c. f, CHO 15g 574 cal	<u>Pizza Thursday</u> Domino's Smart Slice Pepperoni Pizza (8 Slc) 250 cal, 2 m/a, 2 g/b, v, CHO 40g 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 Strawberry Applesauce 35 cal, 1/2c. f, CHO 12g 522 cal	Orange Chicken 90 cal, 2 oz. m/a, CHO 6g Brown Rice 108 cal, 1 g/b, CHO 22g Green Peas 62 cal, 1/2c. v, CHO 12g Ranch Style Beans 57 cal, 1/4c. v, CHO 5g Fortune Cookie 10 cal, 0 g/b, CHO 2g Pineapple Tidbits 69 cal, 1/2c. f, CHO 18g 516 cal
27	28	29	30	31
Burger King Chicken Nuggets French Fries Fruit Cup/Apple Sauce Go-Gurt Milk	<u>Breakfast Tuesday</u> Pancake & Sausage on a Stick 202 cal, 1 oz. m/a, 1.5 g/b, CHO 23g Colby Cheese Omelet 110 cal, 2 oz. m/a, CHO 1g Bunny Luv Carrots w/Ranch Packet 70 cal, 1/2c. v, CHO 4g Mixed Vegetables 30 cal, 1/4c. v, CHO 6g Apple Slices 34 cal, 1/2c. f, CHO 8g 611 cal	Chicken Alfredo Pasta* 201 cal, 1 g/b, 2 oz. m/a, CHO 23g Broccoli 26 cal, 1/2c. v, CHO 5g Corn Bread Loaf 230 cal, 2g/b, CHO 38g Jell-O Blueberry Fruit Cup 62 cal, 1/2c. f, CHO 16g 639 cal	<u>Pizza Thursday</u> 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	Hot Dog w/Ketchup & Mustard Packets 292 cal, 2 oz. m/a, 2 g/b, CHO 31g Vegetarian beans 119cal, 1/2c. v, CHO 27g Mixed Veggies 30 cal, 1/4c. v, CHO 16g Diced Apricot 60 cal, 1/2c. f, CHO 16g 622 cal