





# Pearl Preparatory School

## January 2018 Lunch Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p><b>Happy New Year!</b></p> 	<p>2</p> <p><b>HARVEST THE</b></p> 	<p>3</p> <p><b>OF MONTH</b></p> 	<p>4</p> <p><b>Little Caesar's Pizza</b> Go-Gurt Fruit Cup Chips Milk</p>	<p>5</p> <p><b>Burger King Hamburger</b> Fries Fruit Cup Granola Bar Milk</p>
<p>8</p> <p><b>WG/RF Mac &amp; Cheese 6 oz.</b> 290 cal, 2 oz. m/a, 1 g/b, CHO 31g Broccoli 26 cal, 1/2c. v, CHO 5g Whole Kernel Corn 19 cal, 1/4c. v, CHO 5g Italian Breadstix 130 cal, 1 1/2 g/b, CHO 23g Rosy Applesauce 51 cal, 1/2c. f, CHO 16g</p> <p style="text-align: center;"><i>636 cal</i></p>	<p>9</p> <p><b><u>Breakfast Tuesday</u></b> <b>WG Pancakes w/Syrup</b> 206 cal, 2 g/b, CHO 45g Grilled Egg Patty 45 cal, 1 oz. m/a, CHO 1g Sausage 60 cal, 1 oz. m/a, CHO 4g Jicama w/Tajin 26 cal, 1/2c. v, CHO 11g Cooked Broccoli 14 cal, 1/4c. v, CHO 3g Farm Fresh Orange Wedges 62 cal, 1/2c. f, CHO 15g</p> <p style="text-align: center;"><i>533 cal</i></p>	<p>10</p> <p><b>Orange Chicken</b> 90 cal, 2 oz. m/a, CHO 6g Brown Rice 108 cal, 1 g/b, CHO 22g Green Beans 18 cal, 1/2c. v, CHO 6g Romaine Spinach Salad w/Ranch Dressing 70 cal, 1/2c. v, CHO 4g Fortune Cookie 10 cal, 0 g/b, CHO 2g Apple Slices 34 cal, 1/2c. f, CHO 8g</p> <p style="text-align: center;"><i>450cal</i></p>	<p>11</p> <p><b><u>Pizza Thursday</u></b> <b>5" Round Cheese Pizza</b> 300 cal, 2 g/b, 2 oz. m/a, CHO 40g Bunny Luv Carrots w/Ranch Dressing 70 cal, 1/2c. v, CHO 4g Peas and Carrots 25 cal, 1/2c. v, CHO 5g Blueberries 40 cal, 1/2c. f, CHO 9g</p> <p style="text-align: center;"><i>555 cal</i></p>	<p>12</p> <p><b>WG Chicken Corn Dog w/Mustard and Ketchup Packet</b> 240 cal, 2 g/b, 2 oz. m/a, CHO 30g Black Beans 114 cal, 1/2c. v, CHO 22g Jicama w/Tajin 13 cal, 1/4c. v, CHO 6g 100% Orange Juice 56 cal, 1/2c. f, CHO 15g</p> <p style="text-align: center;"><i>543cal</i></p>
<p>15</p> <p><b>Martin Luther King Jr. Holiday</b> No School</p> 	<p>16</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 Colby Cheese Omelet 110 cal, 2 oz. m/a, CHO 1g Hash Brown Potatoes* 130 cal, 1/4c. v, CHO 15g Cooked Broccoli 27 cal, 1/2c. v, CHO 6g Mixed Fruit 68 cal, 1/2c. f, CHO 18g</p> <p style="text-align: center;"><i>657 cal</i></p>	<p>17</p> <p><b>WG Chili Mac 6 oz.</b> 296 cal, 2 oz. m/a, 1/2 g/b, CHO 26g <b>WG Three Cheese Breadstix</b> 130 cal, 1 1/2 g/b, CHO 23g Peas and Carrots 25 cal, 1/2c. v, CHO 5g Romaine Spinach Salad w/Ranch Dressing 70 cal, 1/2c. v, CHO 4g Green Applesauce 52 cal, 1/2c. f, CHO 14g</p> <p style="text-align: center;"><i>693 cal</i></p>	<p>18</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>Sweet Potato Fries-HOTM</b> 90 cal, 1/2c. v, CHO 15g Cooked Carrots 14 cal, 1/4c. v, CHO 3g Fresh Farm Apple 35 cal, 1/2c. f, CHO 9g</p> <p style="text-align: center;"><i>509cal</i></p>	<p>19</p> <p><b>WG Chicken Sandwich w/Ketchup &amp; Mustard Packet</b> 370 cal, 3.5 g/b, 2 oz. m/a, CHO 39g Broccoli 13 cal, 1/4c. v, CHO 3g Vegetarian Beans 110 cal, 1/2c. v, CHO 10g Banana 105 cal, 1/2c. f, CHO 27g</p> <p style="text-align: center;"><i>718 cal</i></p>
<p>22</p> <p><b>Flauquito</b> 338 cal, 2 oz. m/a, 2 g/b, 1/4 cv CHO 31g Vegetable Soup 66 cal, 1/2c. v, CHO 16g Whole Kernel Corn 19 cal, 1/4c. v, CHO 5g Pineapple Tidbits 69 cal, 1/2c. f, CHO 18g</p> <p style="text-align: center;"><i>612 cal</i></p>	<p>23</p> <p><b><u>Breakfast Tuesday</u></b> <b>WG Pancakes w/Syrup</b> 206 cal, 2 g/b, CHO 45g Grilled Egg Patty 45 cal, 1 oz. m/a, CHO 1g Sausage 60 cal, 1 oz. m/a, CHO 4g Potato Smiles 140 cal, 1/2c. v, CHO 23g Cooked Broccoli 14 cal, 1/4c. v, CHO 3g 100% Orange Juice 56 cal, 1/2c. f, CHO 15g</p> <p style="text-align: center;"><i>641 cal</i></p>	<p>24</p> <p><b>Hamburger w/Cheese on a 3 1/2" WG Bun</b> 314 cal, 2.5 oz. m/a, 2 g/b, CHO 41g Ranch Style Beans 103 cal, 1/2c. v, CHO 18g Romaine Spinach Salad w/Ranch Dressing 70 cal, 1/2c. v, CHO 4g Mixed Fruit 60 cal, 1/2c. f, CHO 17g</p> <p style="text-align: center;"><i>667cal</i></p>	<p>25</p> <p><b><u>Pizza Thursday</u></b> <b>WG Cheese Pizza Sliders</b> 343 cal, 2 g/b, 2 oz. m/a, CHO 30g Tomato Soup 98 cal, 3/4c. v, CHO 17g Jell-O Blueberry Fruit Cup 62 cal, 1/2c. f, CHO 16g</p> <p style="text-align: center;"><i>623cal</i></p>	<p>26</p> <p><b>Burger King Chicken Nuggets</b> Fries Fruit Cup Granola Bar Milk</p>
<p>29</p> <p><b>WG Bean &amp; Cheese Burrito w/Taco Sauce Packet</b> 291 cal, 2 oz. m/a, 2 g/b, CHO 41g Whole Kernel Corn 66 cal, 1/2c. v, CHO 16g Peas and Carrots 13 cal, 1/4c. v, CHO 3g Mixed Fruit 68 cal, 1/2c. f, CHO 18g</p> <p style="text-align: center;"><i>558 cal</i></p>	<p>30</p> <p><b><u>Breakfast Tuesday</u></b> <b>Buttered Wheat Toast w/One Jelly Packet</b> 105 cal, 1 g/b, CHO 22g <b>Bacon</b> 90 cal, 1 oz. m/a, CHO 2g Colby Cheese Omelet 110 cal, 2 oz. m/a, CHO 1g Cooked Broccoli 27 cal, 1/2c. v, CHO 6g Cooked Carrots 14 cal, 1/4c. v, CHO 3g SideKick 100% Juice 80 cal, 1/2c. f, CHO 20g</p> <p style="text-align: center;"><i>546 cal</i></p>	<p>31</p> <p><b><u>Managers Special</u></b> <b>WG Chili Cheese Dog</b> 335 cal, 2oz m/a, 2 g/b, CHO 31g Vegetarian Beans 110 cal, 1/2c. v, CHO 20g Romaine Spinach Salad w/Ranch Dressing 70 cal, 1/2c. v, CHO 4g Apple Slices 34 cal, 1/2c. f, CHO 8g</p> <p style="text-align: center;"><i>669 cal</i></p>	<p><b><u>ALTERNATE MEAL</u></b> <i>available daily</i></p> <p><b>Yogurt Parfait</b> 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</p>	<p><b><u>SACK LUNCH MEAL</u></b> <i>available daily</i></p> <p><b>WG Uncrustable Sandwich w/ Peanut Butter &amp; Jelly</b> 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</p>

\* Denotes the rotating vegetable will be served a 1/2 cup portion.