


Pearl Preparatory School

May 2018 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
<p>Harvest of the Month - Strawberries</p>  <p>Strawberries are an Excellent Source of Vitamin C (100 g Provide 58.8 mg or about 98% of RDI), Which is Also a Powerful Natural Antioxidant. Con-sumption of Fruits Rich in Vitamin C Helps the Body Develop Resistance Against Infectious Agents, Counter Inflammation and Scavenge Harmful Free Radicals</p>	<p>May 1</p> <p style="text-align: center;"><u>Breakfast Tuesday</u></p> <p>WG 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 Potatoes* 135 cal, 1/4c. v, CHO 15g Green Beans 18 cal, 1/2c. v, CHO 6g Farm Fresh Orange Wedges 62 cal, 1/2c. f, CHO 15g</p>	<p style="text-align: center;">2</p> <p>WG Breaded Chicken - <i>New</i> 190 cal, 2 oz., .75 g/b, CHO 5g WG Brown Rice 108 cal, 1 g/b, CHO 22g Black Beans 114 cal, 1/2c. v, CHO 22g Broccoli 26 cal, 1/2c. v, CHO 5g Sliced Apples 34 cal, 1/2c. f, CHO 8g</p>	<p style="text-align: center;">3</p> <p style="text-align: center;"><u>Pizza Thursday</u></p> <p>WG Turkey Pepperoni Pizza 4 x 6 280 cal, 2 oz. m/a, 2 g/b, 1/8c. v, CHO 48g Chickpea Salad 83 cal, 1/4c. v, CHO 14g Bunny Luv Carrots w/Ranch Packet 70 cal, 1/2c. v, CHO 4g Diced Peaches 68 cal, 1/2c. f, CHO 18g</p>	<p style="text-align: center;">4</p> <p>WG 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, 1c. v = 1/2 Credit, CHO 2g Ranch Style Beans 57 cal, 1/4c. v, CHO 5g SideKick 100% Juice 80 cal, 1/2c. f, CHO 20g</p>

Teacher Appreciation, Standardized Testing & TV Free Week: April 30 - May 4, 2018

7	8	9	10	11
<p style="text-align: center;">685 cal</p> <p>WG 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 Whole Kernel Corn 33 cal, 1/4c. v, CHO 8g Jell-O w/Pear Cup 72 cal, 1/2c. f, CHO 19g</p> <p style="text-align: center;">555 cal</p>	<p style="text-align: center;">592 cal</p> <p style="text-align: center;"><u>Breakfast Tuesday</u></p> <p>Buttered Wheat Toast w/One Jelly Packet 105 cal, 1 g/b, CHO 22g Sausage Patty 60 cal, 1 oz. m/a, CHO 1g Colby Cheese Skillet Omelet 110 cal, 2 oz. m/a, CHO 1g Peas and Carrots 25 cal, 1/2c. v, CHO 5g Green Beans 9 cal, 1/4c. v, CHO 3g Diced Apricot 60 cal, 1/2c. f, CHO 16g</p> <p style="text-align: center;">489 cal</p>	<p style="text-align: center;">621 cal</p> <p>WG Cheeseburger w/Ketchup & Mustard Packet 314 cal, 2.5 oz. m/a, 2 g/b, CHO 41g Cooked Vegetarian Beans 110 cal, 1/2c. v, CHO 10g Broccoli 26 cal, 1/2c. v, CHO 5g Mixed Fruit 68 cal, 1/2c. f, CHO 18g</p> <p style="text-align: center;">638 cal</p>	<p style="text-align: center;">621 cal</p> <p style="text-align: center;"><u>Pizza Thursday</u></p> <p>WG Cheese Pizza Sliders 343 cal, 2 g/b, 2 oz. m/a, CHO 30g Broccoli 26 cal, 1/2c. v, CHO 5g Bunny Luv Carrots w/Ranch Packet 70 cal, 1/2c. v, CHO 4g Banana 105 cal, 1/2c. f, CHO 19g</p>  <p style="text-align: center;">664 cal</p>	<p style="text-align: center;">595 cal</p> <p style="text-align: center;"><u>Manager Special</u></p> <p>WG Chicken Sandwich w/Ketchup & Mustard Packet 320 cal, 2.5 g/b, 2 oz. m/a, CHO 39g Green Beans 18 cal, 1/2c. v, CHO 6g Ranch Style Beans 57 cal, 1/4c. v, CHO 5g Sliced Apples 34 cal, 1/2c. f, CHO 8g</p> <p style="text-align: center;">549 cal</p>
14	15	16	17	18
<p style="text-align: center;">685 cal</p> <p>WG Macaroni and Cheese 290 cal, 2 oz. m/a, 1 g/b, CHO 31g WG Dinner Roll 90 cal, 1g/b, CHO 16g Cooked Green Beans 18 cal, 1/2c. v, CHO 6g Whole Kernel Corn 33 cal, 1/4c. v, CHO 8g Mixed Fruit 60 cal, 1/2c. f, CHO 17g</p> <p style="text-align: center;">611 cal</p>	<p style="text-align: center;">592 cal</p> <p style="text-align: center;"><u>Breakfast Tuesday</u></p> <p>Cinnamon French Toast 230 cal, 2 g/b, 1 oz. m/a, CHO 32g Hard Boiled Egg (Pasteurized) 70 cal, 1 oz. m/a, CHO 1g Bacon 90 cal, 1 oz. m/a, CHO 2g Bunny Luv Carrots w/Ranch Packet 70 cal, 1/2c. v, CHO 4g Green Beans 9 cal, 1/4c. v, CHO 3g Apple Slices 34 cal, 1/2c. f, CHO 8g</p> <p style="text-align: center;">633 cal</p>	<p style="text-align: center;">621 cal</p> <p>WG Chicken Corn Dog w/Mustard and Ketchup Packet 240 cal, 2 g/b, 2 oz. m/a, CHO 30g Cooked Vegetarian Beans 110 cal, 1/2c. v, CHO 10g Broccoli 26 cal, 1/2c. v, CHO 5g Grapes 55 cal, 1/2c. f, CHO 15g</p> <p style="text-align: center;">551 cal</p>	<p style="text-align: center;">621 cal</p> <p style="text-align: center;"><u>Pizza Thursday</u></p> <p>Domino's Smart Slice Pepperoni Pizza (8 Slic) 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 Applesauce & Strawberries (<i>HOTM</i>) 35 cal, 1/2c. f, CHO 12g</p> <p style="text-align: center;">522 cal</p>	<p style="text-align: center;">595 cal</p> <p>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</p> <p style="text-align: center;">516 cal</p>
21	22	23	24	25
<p style="text-align: center;">685 cal</p> <p>HS Grilled Cheese Sandwich 360 cal, 2 oz. m/a, 2 g/b, CHO 30g Tomato Soup 66 cal, 1/2c. v, CHO 16g Whole Kernel Corn 33 cal, 1/4c. v, CHO 8g Diced Peaches 68 cal, 1/2c. f, CHO 18g</p> <p style="text-align: center;">647 cal</p>	<p style="text-align: center;">592 cal</p> <p style="text-align: center;"><u>Breakfast Tuesday</u></p> <p>WG Sweet Potato Cinn Roll 250 cal, 2 g/b, CHO 43g Grilled Egg Patty 45 cal, 1 oz. m/a, CHO 1g Sausage Patty 60 cal, 1 oz. m/a, CHO 1g Roasted Butternut Squash 41 cal, 1/2c. v, CHO 11g Green Beans 9 cal, 1/4c. v, CHO 3g Apple Pear 51 cal, 1/2c. f, CHO 13g</p> <p style="text-align: center;">576 cal</p>	<p style="text-align: center;">621 cal</p> <p>Chicken Alfredo Pasta* 201 cal, 1 g/b, 2 oz. m/a, 1/4c. v (G) 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</p> <p style="text-align: center;">639 cal</p>	<p style="text-align: center;">621 cal</p> <p style="text-align: center;"><u>Pizza Thursday</u></p> <p>WG 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</p> <p style="text-align: center;">632 cal</p>	<p style="text-align: center;">595 cal</p> <p>WG Cheese & Green Chili Quesadilla w/Taco Sauce Packet 291 cal, 2 oz. m/a, 2 g/b, CHO 28g Refried Beans Garnished w/Mozzarella Cheese 125 cal, 1/2c. v, 1/4 oz. m/a, CHO 20g Ranch Style Beans 57 cal, 1/4c. v, CHO 5g 100% Orange Juice 56 cal, 1/2c. f, CHO 15g</p> <p style="text-align: center;">649 cal</p>
28	29	30	31	31
<p style="text-align: center;">685 cal</p> <p style="text-align: center;"><u>Memorial Day Holiday</u> <u>No School or Dolphin Club</u></p> 	<p style="text-align: center;">592 cal</p> <p style="text-align: center;"><u>Reading Incentive Outing Day</u> Bring a Sack Lunch</p> <p style="text-align: center;">622 cal</p>	<p style="text-align: center;">621 cal</p> <p>5th Grade Graduation <u>Manager Choice or</u> Beef Ravioli 260 cal, 2 oz. m/a, 3/8c. v, CHO 30g WG Super Star Corn Muffin 148 cal, 1g/b, CHO 23g Broccoli 26 cal, 1/2c. v, CHO 5g Peas and Carrots 25 cal, 1/2c. v, CHO 5g Orange Wedges 62 cal, 1/2c. f, CHO 15g</p> <p style="text-align: center;">641 cal</p>	<p style="text-align: center;">621 cal</p> <p style="text-align: center;"><u>Beach Day</u> Hot Dog Lunch Provided by PAL</p> <p style="text-align: center;"><u>ALTERNATE MEAL offered daily</u> <u>Yogurt Parfait</u> w/ Fruit and WG Granola 332 cal, 1 oz.m/a, CHO 71g Celery Stix w/ Peanut Butter 30+167 cal, 3/4 c. v.1 oz. m/a CHO 8g String Cheese 80 cal, 1 oz. m/a CHO 1g</p> <p style="text-align: center;">657 cal</p>	<p style="text-align: center;">595 cal</p> <p style="text-align: center;"><u>SACK LUNCH</u> offered daily <u>WG Uncrustable Sandwich w/ Peanut Butter & Jelly</u> 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, CHO27 g</p>