

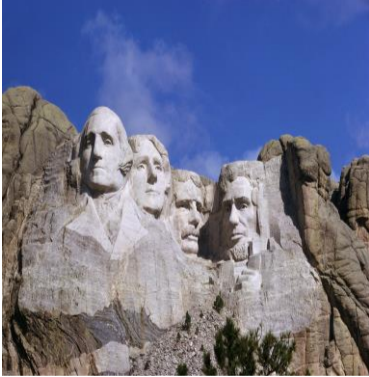


Pearl Preparatory School

February 2019 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
HARVEST OF THE MONTH		ALTERNATE MEALS <i>available daily</i>		1
"before"	GREAT NORTHERN BEANS			"after"
		<p>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</p>		<p>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</p>
<p>Low-Fat, Cholesterol-Free, Low- Calorie Source of Iron, Dietary Fiber, Potassium and Protein. According to the Harvard School of Public Health Consuming Plenty of Beans Like These, Will Decrease the Risk of Heart Disease,</p>				694 cal
4	5	6	7	8
<p>Grilled Cheese Sandwich 280 cal, 2 oz. m/a, 2 g/b, CHO 41g Tomato Soup 66 cal, 1/2c. v, CHO 16g Green Peas 16 cal, 1/4c. v, CHO 3g Mixed Fruit 80 cal, 1/2c. f, CHO 17g</p> <p style="text-align: center;">562 cal</p>	<p>Breakfast Tuesday 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 Rounds 100 cal, 1/2c. v, CHO 16g Whole Kernal Corn 33 cal, 1/4c. v, CHO 8g Fresh Tangerines 43 cal, 1/2c. f, CHO 11g</p> <p style="text-align: center;">646 cal</p>	<p>WG Chicken Corn Dog w/Mustard and Ketchup Packet 250 cal, 2 g/b, 2 oz. m/a, CHO 33g Broccoli 27 cal, 1/2c. v, CHO 6g Romaine and Spinach Salad w/Ranch Dressing 47 cal, 1c. v = 1/2 Credit, CHO 2g Farm Fresh Apple 35 cal, 1/2c. f, CHO 9g</p> <p style="text-align: center;">479 cal</p>	<p>Pizza Thursday WG Galaxy Cheese Pizza 280 cal, 2 oz. m/a, 2 g/b, 1/8c. v, CHO 29g Bunny Luv Carrots w/Ranch Packet 70 cal, 1/2c. v, CHO 4g Vegetable Soup 33 cal, 1/4c. v, CHO 6g Banana 105 cal, 1/2c. f, CHO 27g</p> <p style="text-align: center;">608 cal</p>	<p>WG Beef "Street" Taco 276 cal, 1.5 g/b, 2 oz. m/a, CHO 21g Ranch Style Beans 130 cal, 1/2c. v, CHO 20g NEW Salsa Cup* 20 cal, 1/4c. v, CHO 4g Chickpea Salad 83 cal, 1/4c. v, CHO 14g Dried Cranberries 110 cal, 1/2c. f, CHO 28g</p> <p style="text-align: center;">793 cal</p>
11	12	13	14	15
<p>Little Ceasar's Pizza Chips Granola Bar Fruit Cup Milk</p>	<p>Breakfast Tuesday WG Assorted Pan Dulce 220 cal, 2 g/b, CHO 34g Colby Cheese Omelet 110 cal, 2 oz. m/a, CHO 1g Sausage Patty 60 cal, 1 oz. m/a, CHO 1g Sliced Cucumber w/Tajin 18 cal, 1/2c. v, CHO 4g Whole Kernal Corn 33 cal, 1/4c. v, CHO 8g NEW Frozen Peach Cup 90 cal, 1/2c. f, CHO 20g</p> <p style="text-align: center;">633 cal</p>	<p>¿Chicken Nugget Wednesday? Heart Shaped Chik'n Nuggets 4 pcs. 180 cal, 2 oz. m/a, 1 g/b, CHO 16g Crinkle Cut Sweet Potato Fries 150 cal, 1/2c. v, CHO 19g Romaine and Spinach Salad w/Ranch Dressing 47 cal, 1c. v = 1/2 Credit, CHO 2g Side Kick 100% Juice 80 cal, 1/2c. f, CHO 20g</p> <p style="text-align: center;">577 cal</p>	<p>Pizza Thursday Domino's Pep Smart Slice 250 cal, 2 m/a, 2 g/b, v, CHO 40g Broccoli 27 cal, 1/2c. v, CHO 6g Tomato Soup 33 cal, 1/4c. v, CHO 6g Applesauce & Blueberries 46 cal, 1/2c. f, CHO 12g Heart Shaped Cookie 130 cal, .1 g/b, CHO 22g</p> <p style="text-align: center;"><i>Happy Valentines Day</i> 606 cal</p>	<p>Abraham Lincoln's Birthday Holiday No School</p> 
18	19	20	21	22
<p>President's Day Holiday No School</p> 	<p>Breakfast Tuesday WG Pancake & Sausage on a Stick 190 cal, 1 oz. m/a, 1 g/b, CHO 19g Colby Cheese Omelet 110 cal, 2 oz. m/a, CHO 1g Broccoli 27 cal, 1/2c. v, CHO 6g Whole Kernal Corn 33 cal, 1/4c. v, CHO 8g Pineapple Tidbits 69 cal, 1/2c. f, CHO 18g</p> <p style="text-align: center;">549 cal</p>	<p>Manager Special Beef & Cheese Ravioli 260 cal, 2 m/a, 3/8c. v, CHO 30g WG Aloha Roll 90 cal, 1 g/b, CHO 16g Roasted Butternut Squash 41 cal, 1/2c. v, CHO 11g Romaine and Spinach Salad w/Ranch Dressing 47 cal, 1c. v = 1/2 Credit, CHO 2g Banana 105 cal, 1/2c. f, CHO 27g</p> <p style="text-align: center;">663 cal</p>	<p>Pizza Thursday WG Breakfast Sausage Pizza 440 cal, 2 oz. m/a, 3 g/b, CHO 48g Vegetarian Beans 110 cal, 1/2c. v, CHO 10g Tomato Soup 33 cal, 1/4c. v, CHO 6g Sliced Apples 34 cal, 1/2c. f, CHO 8g</p> <p style="text-align: center;">737 cal</p>	<p>NEW Mac & Cheese 6 oz. 295 cal, 2 oz. m/a, 1 g/b, CHO 31g Whole Grain Dinner Roll 90 cal, 1 g/b, CHO 16g Peas & Carrots 25 cal, 1/2c. v, CHO 5g Green Beans 9 cal, 1/4c. v, CHO 3g 100% Orange Juice 56 cal, 1/2c. f, CHO 15g</p> <p style="text-align: center;">595 cal</p>
25	26	27	28	
<p>WG Cheese Enchilada 347 cal, 2 g/b, 2 oz. m/a, CHO 56g Whole Kernal Corn 66 cal, 1/2c. v, CHO 16g Green Peas 16 cal, 1/4c. v, CHO 3g Applesauce & Blueberries 46 cal, 1/2c. f, CHO 12g</p> <p style="text-align: center;">595 cal</p>	<p>Breakfast Tuesday WG Cinnamon Glaze French Toast 230 cal, 2 g/b, 1 oz. m/a, CHO 31g Hard Boiled Egg (Pasteurized) 70 cal, 1 oz. m/a, CHO 1g Sausage Patty 60 cal, 1 oz. m/a, CHO 1g Vegetarian Beans 110 cal, 1/2c. v, CHO 10g Whole Kernal Corn 33 cal, 1/4c. v, CHO 8g Fresh Tangerine 43 cal, 1/2c. f, CHO 11g</p> <p style="text-align: center;">666 cal</p>	<p>WG 3.5" Cheeseburger w/Ketchup & Mustard Packets 314 cal, 2.5 oz. m/a, 2 g/b, CHO 41g Broccoli 26 cal, 1/2c. v, CHO 5g Romaine and Spinach Salad w/Ranch Dressing 47 cal, 1c. v = 1/2 Credit, CHO 2g Diced Apricots 60 cal, 1/2c. f, CHO 14g</p> <p style="text-align: center;">567 cal</p>	<p>Pizza Thursday WG Pepperoni Pizza Sliders 343 cal, 2 g/b, 2 oz. m/a, CHO 30g Crinkle Cut Sweet Potato Fries 150 cal, 1/2c. v, CHO 19g Tomato Soup 33 cal, 1/4c. v, CHO 6g Sliced Apples 34 cal, 1/2c. f, CHO 8g</p> <p style="text-align: center;">680 cal</p>	