


PEARL PREPARATORY SCHOOL

September 2019 Lunch Menu

Milk is 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>2-Sep</p> <p style="text-align: center;">Labor Day Holiday! No School</p> 	<p>3</p> <p style="text-align: center;">Rib-B-Que Sandwich 215 cal, 2 oz. m/a, 2 g/b, CHO 23.4g Seasoned Potato Wedges 150 cal, 1/2c. v, CHO 19g Broccoli 26 cal, 1/2c. v, CHO 5g 100% Orange Juice 56 cal, 1/2c. f, CHO 15g</p> <p style="text-align: center;">567 cal</p>	<p>4</p> <p style="text-align: center;">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</p> <p style="text-align: center;">643 cal</p>	<p>5</p> <p style="text-align: center;"><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</p> <p style="text-align: center;">650 cal</p>	<p>6</p> <p style="text-align: center;"><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</p> <p style="text-align: center;">604 cal</p>		
<p>9</p> <p style="text-align: center;">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>10</p> <p style="text-align: center;">Roasted Chicken 142 cal, 2 oz. m/a, CHO 0g WG Brown Rice 108 cal, 1 g/b, CHO 22g Black Beans 114 cal, 1/2c. v, CHO 22g Mixed Veggie 60 cal, 1/4c. v, CHO 12g Sliced Apples 34 cal, 1/2c. f, CHO 8g</p> <p style="text-align: center;">578 cal</p>	<p>11</p> <p style="text-align: center;">WG Chicken 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</p> <p style="text-align: center;">574 cal</p>	<p>12</p> <p style="text-align: center;"><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 Applesauce & Strawberries 35 cal, 1/2c. f, CHO 12g</p> <p style="text-align: center;">522 cal</p>	<p>13</p> <p style="text-align: center;">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 69 cal, 1/2c. f, CHO 18g</p> <p style="text-align: center;">516 cal</p>		
<p>16</p> <p style="text-align: center;">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 38cal, 1/2c. v, CHO 9g Diced Peaches 68 cal, 1/2c. f, CHO 18g</p> <p style="text-align: center;">650 cal</p>	<p>17</p> <p style="text-align: center;">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 Mixed Veggies* 60 cal, 1/2c. v, CHO 12g Diced Apricot 60 cal, 1/2c. f, CHO 16g</p> <p style="text-align: center;">622 cal</p>	<p>18</p> <p style="text-align: center;">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</p> <p style="text-align: center;">639 cal</p>	<p>19</p> <p style="text-align: center;"><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</p> <p style="text-align: center;">632 cal</p>	<p>20</p> <p style="text-align: center;">Cheeseburger Twins 322 cal, 2 oz m/a, 2 g/b, CHO 38g Vegetarian Beans 119 cal, 1/2c. v, CHO 27g Green Beans 18 cal, 1/2c. v, CHO 6g Farm Fresh Orange Slices 62 cal, 1/2c. f, CHO 15g</p> <p style="text-align: center;">641 cal</p>		
<p>23</p> <p style="text-align: center;">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</p> <p style="text-align: center;">595 cal</p>	<p>24</p> <p style="text-align: center;">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 Cooked Seasoned Carrots 87 cal, 1/2c. v, CHO 4g 100% Fruit Punch Juice 60 cal, 1/2c. f, CHO 15g</p> <p style="text-align: center;">597 cal</p>	<p>25</p> <p style="text-align: center;"><u>Manager Choice</u> 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 Green Beans 25 cal, 1/2c. v, CHO 5g Orange Wedges 62 cal, 1/2c. f, CHO 15g</p> <p style="text-align: center;">471 cal</p>	<p>26</p> <p style="text-align: center;"><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</p> <p style="text-align: center;">647 cal</p>	<p>27</p> <p style="text-align: center;">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</p> <p style="text-align: center;">633 cal</p>		
<p>30</p> <p style="text-align: center;">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</p> <p style="text-align: center;">540 cal</p>	<p><u>ALTERNATE MEALS</u> <i>available daily</i></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none; vertical-align: top;"> <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> </td> <td style="width: 50%; border: none; vertical-align: top;"> <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> </td> </tr> </table>				<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>
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