



Pearl River High School March 2019

Lunch includes...

Entrée, Vegetable,
and/or side Veggies,
Variety of Fruit or 100%
Fruit Juice, Milk
(Antibiotic & Hormone
Free).

Daily Options...

Made to order Deli:

Sandwiches and Paninis. With
Lettuce, Tomatoes, Onion, and
pickles

Special Sandwich of the day.

Salads: Made to Order.

Grill: Chicken Patties, Burgers &
Spicy Patties.

Pizza: Cheese, Pepperoni &
Special.

Yogurt parfaits

Lunch \$2.75 Reduced .25

Allergies/Dietary Needs

Email: spina-eileen@aramark.com



Waffle Wednesday

Make your own or
Grab N Go Waffles

Smoothie Tuesday

Grab N Go
Smoothies

Daily Gluten Free
Options
Chicken Patty,
Hamburger or
Garden Salad with
Yogurt
**MUST BE ORDERED
by 8:30AM**

**March 8
National
Meatball Day**

**March 29
National Spicy
Chicken Day**

1
Assorted Burritos
Chicken, Cheese &
Rice or Beef,
Cheese & Rice
Diced Carrots

4
Fuel Special
Hang Time Basket
Tenders, Biscuit,
Fries, Coleslaw
and Maple Garlic
Dunk

5
Gyros
With Tomatoes,
Cucumbers and
Tzatziki Sauce

6
Chicken Cordon
Bleu
Buttered Noodles
Green Beans

7
Homemade
Mac N Cheese
Dinner Roll
Peaches

8
Meatball Parm
on a Hoagie
Broccoli
Applesauce

11
Chicken Fajita
Seasoned Rice
Green Beans
Oranges

12
Grilled Cheese
Green Beans
Applesauce
Tomato Soup

13
Triple Kicker
Burger
Onions, Jalapeno
Peppers, Garlic
Mayo
Broccoli

14
Baked Ziti
with Marinara
Sauce
Dinner Roll,
Green Beans
GF Pasta with
Sauce

15
Baked Nuggets
Buttered Noodles
Diced Carrots
Apples
GF Nuggets

18
Salisbury Steak
Buttered Noodles
Diced Carrots

GF Pizza

19
Fuel Special
Buzzer Beater
Basket
Spicy Popcorn
Chicken, Fries, and
Buffalo Ranch
Dunk

20
Buffalo Chicken
Flatbread
Roasted Broccoli
GF Grilled Chicken
Lettuce & Tomatoe

21
Beef Nachos
Seasoned Beef,
Tortilla Chips &
Cheese
Sweet Corn
GF Quinoa, Beef &
Broccoli

22
Conference Day

School Closed

25
Beef Hot Dogs with
all the toppings
Curley Fries
Cole Slaw
GF Pizza

26
BBQ Pulled Pork
Sandwich
Broccoli
Applesauce

27
Atomic Burger
Burger with Pepper
Jack Cheese &
Atomic Sauce
GF Burger

28
Potato Pierogis
with Grilled
Onions, Sour
Cream
Green Beans

29
Spicy Boneless
Wings or Spicy
Chicken Patty
Diced Carrots