



# Pearl River Elementary School Menu December 2019

## Lunch Includes

3 of the 5 Components  
Choice of Fruit or Juice,  
Vegetable, Grain, Meat or Meat  
Alternate and Milk

## Milk Choice:

1%, Skim or Chocolate Skim  
(Hormone & Antibiotic Free)

## Lunch Alternatives:

Garden Salad, Bagel Lunch  
w/Yogurt or Cheese Stick

## Sandwich Choices:

Turkey, Ham, Cheese, Bologna,  
Salami or PB&J

Gluten Free Meals are Available  
Only to Students with  
Documented Food Restrictions

Lunch \$2.50 Reduced .00

Allergies or Dietary Needs  
Email:

alberts-david@aramark.com



This institution is an equal opportunity provider.

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## Chicken Nuggets

Dinner Roll  
Mashed Potatoes  
Kick'n Pintos  
Fruit Cup

3

## Grilled Cheese Sandwich

On WG Bread  
  
Breadstick  
Green Beans  
Fresh Apple

4

## Breakfast for Lunch French Toast Sticks

Chicken Sausage  
Patty  
Tater Tots  
Fresh Orange

5

## Chicken Nuggets & Mozzarella Sticks

Dinner Roll  
Baby Carrots  
Applesauce

6

## Fresh Baked Cheese or Pepperoni Pizza

Steamed Broccoli  
Fruit Cup

9

## Turkey Nachos

Seasoned Turkey  
Cheese Sauce  
Tortilla Chips  
  
Kick'n Pintos  
Fresh Apple

10

## Spaghetti and Meatballs

Dinner Roll  
Green Beans  
Fruit Cup

11

## Popcorn Chicken

Dinner Roll  
Mashed Potatoes  
Fresh Orange

12

## Hamburger or Cheeseburger

On a WG Bun  
  
Tomato Wedges  
Applesauce

13

## Fresh Baked Cheese or Pepperoni Pizza

Steamed Broccoli  
Fruit Cup

16

## Chicken Patty

On a WG Bun

Seasoned Corn  
Fresh Apple

17

## Homemade Mac & Cheese

Breadstick  
Green Beans  
Fruit Cup

18

## Breakfast for Lunch French Toast Sticks

Chicken Sausage  
Patty  
Tater Tots  
Fresh Orange

19

## Chicken Nuggets & Mozzarella Sticks

Dinner Roll  
Baby Carrots  
Applesauce

20

## Fresh Baked Cheese or Pepperoni Pizza

Steamed Broccoli  
Black Beans  
Fruit Cup

23

## Winter Recess

School Closed

24



25

## Winter Recess

School Closed

26



27

## Winter Recess

School Closed

31

## Winter Recess

School Closed



Complete  
Lunch  
\$2.50

Reduced Lunch  
\$0.00

