

Pearl River High School

November 2019

Lunch includes...

Choice of Fruit, Vegetable,
Grain, Meat or Meat
Alternate and Milk
A Meal Must Contain a
Minimum - 3 of the 5
Components
Lunch \$2.75 Reduced \$.00

Daily Options...

Made to Order Deli: Sandwiches
and Paninis with Choice of
Toppings

Special Sandwich of the Day.

Salads: Made to Order.

Grill: Chicken Patties, Burgers &
Spicy Chicken Patties.

Pizza: Cheese, Pepperoni &
Daily Specials

**Daily Gluten Meals are Available
Only to Students with**

Documented Food Restrictions
Students with Allergies or Dietary
Restrictions-Please

Email: alberts-david@aramark.com



**Food Made Your
Way!**
Made to Order
Fresh Salads
Fresh Deli Paninis
and Sandwiches
Specialty Pizzas



Now Open!
Captains Quarters
Coffee Café

Coffee/Esspresso
Smoothies
Snacks & More

1
Potato Pierogis
With Grilled Onions

Steamed Carrots
Sliced Cucumber
Fruit Juice

4
**Oriental Chicken
& Broccoli**
Lo Mein Noodles

Green Beans
Fresh Apple

5
Election Day

No School

6
Chicken & Waffle
Wednesday
Fresh Waffles with
Choice of Toppings
Sausage Patty
Tater Tots
Fresh Orange

7
National Nacho
Day
Beef Nachos
Supreme
Tortilla Chips
Refried Beans
Tomato Wedges
Fresh Apple

8
BBQ Chicken

Cornbread
Steamed Broccoli
Fruit Cup

11
Veterans Day

No School

12
Meatball Parm
Sandwich

Seasoned Broccoli
Fresh Apple

13
Breakfast for Lunch
French Toast
Sticks
Chicken Sausage
Patty
Tater Tots
Fresh Orange

14
Cheesy Baked
Penne
Garlic Breadstick
Fresh Baby Carrots
Cucumber Slices
Fresh Apple

15
Chicken &
Cheese
Quesadilla
Salsa and Sour
Cream
Mexicali Corn
Grilled Garbanzos
Fruit Juice

18
All White Meat
Chicken Tenders

Mashed Potatoes
Corn
Fresh Apple

19
Beef Burrito

Kick'n Pintos
Mexican Rice
Fresh Banana

20
Waffle
Wednesday
Fresh Waffles with
Choice of Toppings
Sausage Patty
Tater Tots
Fresh Orange

21
Homemade
Mac & Cheese

Roasted Cauliflower
Fresh Apple

22
BBQ Chicken

Cornbread
Sweet Potato Fries
Garden Salad
Fruit Cup

25
Chicken Bacon
Ranch Flatbread

Green Beans
Fresh Apple

26
BBQ Pulled Pork
On a Roll

Seasoned Spinach
Fresh Orange

27
Herb Roasted
Chicken

Dinner Roll
Mashed Potatoes
Fruit

28
Thanksgiving
Recess

No School

29
Thanksgiving
Recess

No School

