



# Pearl River Elementary School Menu September 2019

## Lunch must include:

Fresh/Canned Fruit or  
100% Fruit Juice or  
Vegetable

## Milk Choice:

1%, Skim, Chocolate or  
Strawberry 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

Lunch \$2.50 Reduced .00  
Allergies or Dietary Needs

Email:

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This institution is an equal opportunity provider.



Daily Gluten Free  
Options  
Chicken Patty or  
Garden Salad with  
Yogurt  
**Must Be  
Ordered One  
Day in Advance**

**4 Bacon, Egg &  
Cheese on a  
Biscuit**  
  
Roasted Squash  
GF- Egg on a Bun

**5 Chicken  
Nuggets** with  
Waffle coating,  
Seasoned Rice,  
Broccoli  
GF -Chicken  
Nuggets

**6 Fresh Baked  
Cheese or  
Pepperoni Pizza**  
  
Tossed Salad  
GF- Pizza

**9 Meatball Sub**  
  
with Sauce &  
Cheese  
Green Beans

**10 Nacho Platter**  
Seasoned Beef,  
Cheese Sauce,  
Tortilla Chips,  
Baby Carrots  
Veggie Beans

**11 French Toast  
Sticks**  
  
Hash Brown Patty  
Applesauce  
GF- Egg on a Bun

**12 Popcorn  
Chicken**  
Broccoli  
LoMein Noodles  
GF- Pasta with  
Cheese

**13 Fresh Baked  
Cheese or  
Pepperoni Pizza**  
  
Tossed Salad  
GF- Pizza

**16 Hamburger or  
Cheeseburger**  
Baked Fries  
Peaches  
Grilled Garbanzos  
GF- Hamburger

**17 Mac & Cheese**  
  
with Dinner Roll  
Green Beans  
GF- Pasta with  
Cheese

**18 Eggo Waffles**  
  
Hash Brown Patty  
Carrot Coins  
Applesauce

**19 Chicken  
Nuggets &  
Mozzarella  
Sticks**  
Green Beans  
GF- Chicken  
Nuggets

**20 Fresh Baked  
Cheese or  
Pepperoni Pizza**  
  
Tossed Salad  
GF- Pizza

**23 Chicken  
Drumstick**  
  
Biscuit, Broccoli  
GF- Garden Salad  
with Egg

**24 Chicken Parm**  
  
with Spaghetti,  
Garlic Bread,  
Green Beans

**25 Pancakes, Egg  
Patty**  
  
Applesauce,  
Baby Carrots

**26 All- Beef Hot  
Dog on a Bun**  
  
French Fries  
Baked Beans  
GF-Chicken Patty

**27 Fresh Baked  
Cheese or  
Pepperoni Pizza**  
  
Broccoli  
GF- Pizza

**30 Rosh  
Hashanah  
School closed  
9/30 & 10/1**



**New/Renewal  
Free & Reduced  
applications are  
due by  
October 21,  
2019**

**Baby Carrots,  
Celery Sticks or  
Cucumber  
Slices available  
daily**