

# Lunch Menu

## Pearl River Middle School

May  
2024

WHITSONS CULINARY GROUP | FAMILY OF COMPANIES  
WWW.WHITSONS.COM

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



1 Grilled Chicken Cutlet Sandwich  
Buttered Corn  
Cucumber Coins  
Applesauce

2 Nachos Grande 🍌  
Turkey Taco Filling  
Side of Beans  
Salsa  
Shredded Cheddar Cheese  
Fresh Orange

3 Classic Cheese Pizza  
*whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese* 🌱 🍌  
Roasted Asparagus  
Romaine Lettuce  
Ranch Dressing  
Fresh Banana

6 Baked Chicken Tenders  
Oven Baked Fries  
Dinner Rolls  
Cucumber Coins  
Applesauce

7 Chicken & Cheese Quesadilla  
Cheese Quesadilla 🌱  
Side of Beans  
Salsa  
Chilled Red Pepper Strips  
Fresh Orange

8 Fluffy Whole Grain Pancakes 🌱  
Syrup  
Sausage Patty  
Fresh Baby Carrots  
Fresh Banana  
Side of Beans

9 Chicken Nuggets  
Whole Wheat Dinner Roll  
Sweet Potato Fries  
Sauteed Zucchini  
Fresh NY Local Apple

10 Classic Cheese Pizza  
*whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese* 🌱 🍌  
Steamed Carrots  
Spinach Salad  
Ranch Dressing  
Fresh Banana

13 Turkey Hot Dog on Bun  
*turkey hot dog on soft bun*  
Oven Baked Fries  
Steamed Carrots  
Applesauce

14 Soft Tacos  
Side of Beans  
Shredded Cheddar Cheese  
Salsa  
Grape Tomatoes  
Fresh Orange

15 Nachos with Cheese and BBQ Chicken 🍌  
Oven Baked Fries  
Fresh Orange

16 Sausage and Egg Sandwich  
Crispy Potato Puffs  
Fresh NY Local Apple  
  
Served on a WG Bagel

17 Classic Cheese Pizza  
*whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese* 🌱 🍌  
Roasted Asparagus  
Side Salad  
Fresh Banana

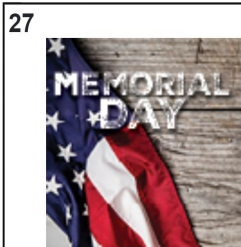
20 Grilled Cheese Sandwich 🌱  
Tomato Soup  
Oven Baked Fries  
Side Salad  
Applesauce

21 Nachos Grande 🍌  
Turkey Taco Filling  
Side of Beans  
Salsa  
Shredded Cheddar Cheese  
Cucumber Coins  
Fresh Orange

22 Buffalo Chicken Wings  
Dinner Rolls  
Green Beans  
Fresh Baby Carrots  
Mixed Fruit

23 Cheeseburger  
NY Beef Burger  
Pickle Chips  
Crispy Potato Puffs  
Roasted Butternut Squash  
Fresh NY Local Apple

24 Classic Cheese Pizza  
*whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese* 🌱 🍌  
Steamed Carrots  
Spinach Salad  
Ranch Dressing  
Fresh Banana



28 Walking Taco  
Turkey Taco Filling  
Side of Beans  
Salsa  
Grape Tomatoes  
Fresh Orange  
Corn Tortilla Chips

29 Fluffy Whole Grain Pancakes 🌱  
Syrup  
Sausage Patty  
Fresh Baby Carrots  
Fresh Banana  
Side of Beans



30 Chicken Nuggets  
Whole Wheat Dinner Roll  
Sweet Potato Fries  
Sauteed Zucchini  
Fresh NY Local Apple

31 Classic Cheese Pizza  
*whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese* 🌱 🍌  
Steamed Carrots  
Spinach Salad  
Ranch Dressing  
Fresh Banana

Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. View this menu on the mobile app, FDMealPlanner, or on the web at [www.FDMealPlanner.com](http://www.FDMealPlanner.com).

\*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

\*\*Menu is subject to change, notice posted when available.

\*\*\*In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity provider.



### Lunch Prices

\$3.00

Milk: \$0.75

If you have any questions or would like more info contact our Food Service Director  
Mike Canzone [canzonem@whitsons.com](mailto:canzonem@whitsons.com)

Adult Price \$5.50

Lunch Daily Offerings: Romaine Side Salad W/Dressing

Grab and Go Sandwiches: Turkey and Cheese, Ham and Cheese, PB&J, Cheese Sandwiches all on WG breads. Bagel Meal with Cheese Stick and Yogurt. Entree Salads: Garden with Crispy Chicken, Caesar with Chicken and Cheese, Garden with Deli Meat, Garden with Cheese, (Offered with WG Rolls). Apples & Oranges Choice of 1% White Milk, Skim Milk or Fat Free Chocolate Milk

