

# Pearl River Middle School Menu November 2019

## Lunch Includes

3 of the 5 Components

Choice of Fruit, Vegetable, Grain,  
Meat or Meat Alternate and Milk

## Milk Choice:

Skim, 1% or Fat Free Chocolate  
Hormone & Antibiotic Free

**Gluten Free Meals are Available**

**Only to Students with  
Documented Restrictions**

## Available Daily:

Chicken Patty, Burgers, Pizza.

## Made to Order:

Deli Sandwiches on a Roll or  
Wrap, Grab N Go Salads

Lunch \$2.75 Reduced .00

**Allergies or /Dietary needs**

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**Complete Lunch  
\$2.75**

**Reduced Lunch  
\$0.00**



**1**  
**Homemade  
Mac & Cheese,**  
Breadstick  
Baby Carrots  
Cucumber Wheels  
Fruit Juice

**4**  
**Meatball Hero**  
Beef Meatballs,  
Cheese & Sauce

Green Beans  
Fresh Apple

**5**  
**Election Day**  
**No School**

**6**  
**Chicken Fajitas**  
Peppers & Onions  
Wrapped in Flour  
Tortillas  
Seasoned Corn  
Grilled Garbanzos  
Fresh Orange

**7**  
**National Nacho Day**  
**Beef Nachos**  
**Supreme**  
Tortilla Chips  
Cheese and Salsa  
Baby Carrots  
Fresh Apple

**8**  
**BBQ Chicken**  
  
Breadstick  
Seasoned Broccoli  
Fruit Cup

**11**  
**Columbus Day**  
**No School**

**12**  
**Corn Dog**  
  
Seasoned Broccoli  
Fresh Apple

**13**  
**Breakfast for Lunch**  
**Waffle & Egg**  
**Patty**  
  
Tater Tots  
Fresh Orange

**14**  
**Cheesy Bake**  
**Penne**  
  
Breadstick  
Seasoned Carrots  
Cucumber Wheels  
Fresh Apple

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

**18**  
**Chicken Tenders**  
  
Breadstick  
Mashed Potatoes  
Seasoned Corn  
Fresh Apple

**19**  
**Spaghetti &**  
**Meatballs**  
  
Breadstick  
Seasoned Carrots  
Fresh Orange

**20**  
**Cheddar Cheese**  
**& Chicken**  
**Flatbread**  
  
Roasted Broccoli  
Fresh Apple

**21**  
**Homemade**  
**Mac & Cheese**  
  
Breadstick  
Roasted Cauliflower  
Fresh Orange

**22**  
**Turkey Hot Dog**  
On a WG Bun  
  
Kick'n Pintos  
Fruit Cup

**25**  
**Chicken Nuggets**  
**& Fries**  
  
Breadstick  
Roasted Broccoli  
Fresh Apple

**26**  
**Turkey Nachos**  
Seasoned Turkey  
Tortilla Chips  
Cheddar Cheese and  
Salsa  
Refried Beans  
Fresh Orange

**27**  
**Breakfast for Lunch**  
**French Toast**  
**Sticks**  
  
Egg Patty  
Hash Brown Patty  
Fresh Fruit

**28**  
**Thanksgiving**  
**Recess**  
  
**No School**

**29**  
**Thanksgiving**  
**Recess**  
  
**No School**