



Pearl River Middle School Menu March 2019

Lunch Includes: Choice of Canned /Fresh Fruit or 100% Fruit Juice and Vegetable.
Milk Choice:
Skim, 1% or Skim Chocolate
Hormone & Antibiotic Free

Available Daily:
Chicken Patty, Burgers, Pizza.
Made to Order:
Deli Sandwiches on a Roll or Wrap
Lunch \$2.75 Reduced .25
Allergies or /Dietary needs
Email: spina-eileen@aramark.com



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Gluten Free
Meals **must** be
ordered by
8:30am

Daily Gluten
Free Options
Chicken Patty,
Hamburger or
Garden Salad
with Yogurt

March 8
National
Meatball Day

March 29
National
Spicy Chicken
Day

1
Chicken Bacon
Ranch Flatbread
Roasted Broccoli

4
Nuggets
& Tots
Diced Carrots

5
Eggo Waffles,
Sausage,
Hash Brown
Patty

6
Fuel Special
Hang Time Basket
Chicken Tenders
Biscuit
Fries, Coleslaw
and Maple Garlic
Sauce

7
Lasagna with or
without Meat
Sauce
Garlic Bread

8
Meatball Parm
Sandwich
Green Beans
Apple Wedges

11
Corn Dogs
BBQ Baked
Beans
Broccoli
Peaches

12
Bacon Burger,
Curley Fries,
Peaches
GF Hamburger

13
Quesadilla
Chicken or Beef,
Cheese & Rice
Broccoli,
GF Grilled
Chicken with
Lettuce &
Tomatoe

14
Atomic Burger
Burger with
Pepper Jack
Cheese & Atomic
Sauce, Baby
Carrots & Ranch
Dressing

15
Burritos
Chicken or Beef
Cheese & Rice
Broccoli
Bananas
GF Burger

18
Grilled Cheese
Tomato Soup
Applesauce
GF Pizza

19
Fuel Special
Buzzer Beater
Basket
Spicy Popcorn
Chicken, Fries and
Buffalo Ranch
Dunk

20
General Tao's
Chicken
Seasoned Rice
Green Beans,
GF Nuggets with
Rice

21
Baked Ziti
Marinara or
Alfredo Sauce
Dinner Roll
Broccoli
GF Pasta and
Sauce

22
Conference Day
School Closed

25
Sweet & Sour
Popcorn Chicken
Over Rice
Broccoli
Applesauce

26
Egg & Cheese on
a Bagel w/wo
Bacon
Applesauce
GF Egg on a Bun

27
Nuggets &
Mozzarella Sticks
with dipping
sauce
Diced Carrots
GF Nuggets

28
Mac N Cheese
Green Beans
Garlic Bread
Applesauce
GF Mac &
Cheese

29
Spicy Nuggets
Baked Fries
Baby Carrots
with Ranch
Dressing
GF Nuggets