



Pearl River Middle School Menu January 2020

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

Email: alberts-david@aramark.com



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**Complete Lunch
\$2.75**

**Reduced Lunch
\$0.00**



**1 Breakfast is Now
Served
Every Day
7:00 – 7:30**
**Build Your Own
Deli Sandwich**

**2 Breakfast for Lunch
French Toast
Sticks**
Chicken Sausage
Patty
Tater Tots
Fresh Fruit

**3 Homemade
Mac & Cheese,**
Breadstick
Steamed Broccoli
Fruit Juice

6 Popcorn Chicken
Breadstick
Mashed Potatoes
Fresh Apple

7 Backyard Burger
Cheese, Curly Fries
& BBQ Sauce
Veggie Baked Beans
Fresh Orange

**8 Cheddar Cheese
&
Chicken Flatbread**
Green Beans
Fruit Cup

**9 Beef Nachos
Supreme**
Tortilla Chips
Cheese and Salsa
Baby Carrots
Fresh Juice

10 BBQ Chicken
Breadstick
Seasoned Broccoli
Fruit Cup

13 Chicken Nuggets
Breadstick
Baked French Fries
Fresh Apple

14 Corn Dog
Roasted Broccoli
Fresh Orange

**15 Homemade
Mac & Cheese,**
Breadstick
Seasoned Green
Beans
Fruit Juice

**16 Breakfast for Lunch
French Toast
Sticks**
Chicken Sausage
Patty
Hash Brown Patty
Fresh Cup

**17 Chicken&Cheese
Quesadilla**
Salsa and Sour
Cream
Seasoned Carrots
Veggie Baked Beans
Fruit Juice

**20 ML King Jr. Day
No School**

**21 Bacon
Cheeseburger**
Tater Tots
Fresh Apple

**22 Chicken&Cheese
Quesadilla**
Salsa and Sour
Cream
Roasted Broccoli
Veggie Baked Beans
Fruit Juice

**23 Beef Nachos
Supreme**
Tortilla Chips
Cheese and Salsa
Baby Carrots
Fresh Apple

24 Chicken Fajitas
Peppers & Onions
Wrapped in Soft
Flour Tortillas
Seasoned Green
Beans
Fresh Juice

27 Chicken Tenders
Mashed Potatoes
Breadstick
Fresh Apple

28 Corn Dog
Twister Fries
Baby Carrots
Fresh Orange

**29 Homemade
Mac & Cheese,**
Breadstick
Steamed Broccoli
Fruit Juice

**30 Breakfast for Lunch
French Toast
Sticks**
Chicken Sausage
Patty
Tater Tots
Fresh Cup

**31 Beef &Cheese
Quesadilla**
Salsa and Sour
Cream
Green Beans
Veggie Baked Beans
Fruit Juice