



Pearl River Middle School Menu September 2019

Lunch must include:
 Fresh/Canned Fruit or 100% Fruit Juice or Vegetable.
Milk Choice:
 Skim, 1% or Skim Chocolate, Skim Strawberry
 Hormone & Antibiotic Free

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

3
Gluten Free Meals must be ordered by 8:30am

4
Daily Gluten Free Options
 Chicken Patty, Hamburger or Garden Salad with Yogurt

5
Cheese Ravioli
 with Marinara Sauce, Dinner Roll, Roasted Squash

6
Lemon Chicken
 over Seasoned Rice, Broccoli
 GF – Grilled Chicken with Lettuce & Tomato

7
Homemade Mac & Cheese,
 Breadstick Green Beans
 GF- Pasta with Cheese

8
Meatball Hero
 Meatballs, Cheese & Sauce
 Carrot Coins
 GF- Meatball Sandwich

9
Nachos
 Seasoned Beef Tortilla Chips
 Cheese, Salsa Grilled Garbanzos

10
Popcorn Chicken
 LoMein Noodles Breadstick Broccoli
 GF – Nuggets & Rice

11
French Toast Sticks
 Egg Patty Hash Brown Patty
 Applesauce

12
Chicken Tenders
 on a Biscuit w/Creamy Coleslaw
 Green Beans

13
Roasted Chicken
 Garlic Breadstick Sweet Corn

14
Baked Ziti
 Marinara Sauce Dinner Roll
 Broccoli GF - Pasta & Sauce

15
Chicken Fajitas
 Peppers & Onions Kick'n Pintos
 Cucumber Wheels

16
Cheddar Cheese & Potato Pierogis
 Tomato Wedges Applesauce

17
Chili Cheese Flatbread Sandwich
 Baked Fries GF Pizza

18
Spicy or Plain Chicken Drumstick
 BBQ Black Beans Broccoli
 GF- Burger

19
Spaghetti & Meatballs
 Green Beans GF - Pasta & Sauce

20
Steakhouse Burger
 Steak Fries GF Hamburger

21
Homemade Mac & Cheese
 Seasoned Corn Applesauce

22
Sausage, Egg & Cheese on a Biscuit
 Baby Carrots GF – Egg on a Bun

23
Rosh Hashanah
 School Closed

24
Free/Reduced applications are due by October 21st

25
Rotating Side Veggies:
 Baby Carrots, Celery Sticks
 Cucumber Slices



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