

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



In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

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

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

Cheese Ravioli
with Marinara
Sauce, Dinner
Roll, Roasted
Squash

Lemon Chicken
over Seasoned
Rice, Broccoli

GF – Grilled
Chicken with
Lettuce & Tomato

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

Meatball Hero
Meatballs, Cheese
& Sauce
Carrot Coins

GF- Meatball
Sandwich

Nachos
Seasoned Beef
Tortilla Chips
Cheese, Salsa
Grilled Garbanzos

**Popcorn
Chicken**

LoMein Noodles
Breadstick Broccoli
GF – Nuggets &
Rice

**French Toast
Sticks**

Egg Patty
Hash Brown Patty
Applesauce

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

**Roasted
Chicken**

Garlic Breadstick
Sweet Corn

Baked Ziti

Marinara Sauce
Dinner Roll
Broccoli
GF - Pasta &
Sauce

Chicken Fajitas

Peppers & Onions
Kick'n Pintos
Cucumber Wheels

**Cheddar
Cheese &
Potato Pierogis**

Tomato Wedges
Applesauce

**Chili Cheese
Flatbread
Sandwich**

Baked Fries
GF Pizza

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

**Spaghetti &
Meatballs**

Green Beans
GF - Pasta &
Sauce

**Steakhouse
Burger**

Steak Fries
GF Hamburger

**Homemade
Mac & Cheese**

Seasoned Corn
Applesauce

**Sausage, Egg &
Cheese on a
Biscuit**

Baby Carrots
GF – Egg on a Bun

Rosh Hashanah

School Closed

**Free/Reduced
applications are
due by
October 21st**

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

