

Pearl River Middle School Menu April 2019

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

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

April 12
National
Grilled Cheese
Day



1
Nuggets
& Tots
Diced Carrots
GF Nuggets

2
French Toast
Sticks,
Hash Brown
Patty
Diced Carrots

3
Fuel Special
Enchilada
Stacker
With Beef, and
Cheese
Broccoli

4
Meatball Parm
Sandwich
Green Beans
Apple Wedges

5
Bosco Sticks
With Marinara
Sauce
Green Beans
Pears

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

8
Roasted Chicken
Diced Potatoes
Corn
GF Grilled
Chicken Lettuce
& Tomatoe

9
Bacon Burger,
Curley Fries,
Peaches
GF Hamburger

10
Nachos
Seasoned Beef,
Tortilla Chips,
Cheese, Salsa
GF Grilled
Chicken with
Lettuce &

11
Backyard Burger
Burger topped
with Curley Fries,
Cheese & BBQ
Sauce
Diced Carrots

12
Grilled Cheese
Green Beans
Applesauce
GF Pizza

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

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

16
Fuel Special
Southwest
Stacker
Chicken, Salsa
and Cheese in a
Wrap

17
Chicken Tenders
Seasoned Rice
Green Beans,
GF Nuggets with
Rice

18
Baked Ziti
Marinara or
Alfredo Sauce
Dinner Roll
Broccoli
GF Pasta and
Sauce

19
Spring Break
4/19 -4/28
School Closed

29
Popcorn Chicken
Over Rice
Broccoli
Applesauce

30
Eggo Waffles
Bacon
Applesauce
GF Egg on a Bun