# the tines

refresh. refuel. relax.

Gluten Free Meals **must** be ordered by 8:30am Daily Gluten
Free Options
Chicken Patty,
Hamburger or
Garden Salad
April 12
National
Grilled Cheese
Day





## Pearl River Middle School Menu April 2019

Nuggets & Tots Diced Carrots GF Nuggets

Roasted Chicken

**Diced Potatoes** 

Corn

**GF** Grilled

Chicken Lettuce

& Tomatoe

**Burritos** 

Chicken or Beef

Cheese & Rice

Broccoli

Bananas

GF Burger

French Toast Sticks, Hash Brown Patty Diced Carrots

with Yogurt

Fuel Special
Enchilada
Stacker
With Beef, and
Cheese
Broccoli

Meatball Parm Sandwich Green Beans Apple Wedges

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 9

Bacon Burger, Curley Fries, Peaches

**GF** Hamburger

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

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

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

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

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Chicken Tenders Seasoned Rice Green Beans, GF Nuggets with Rice Baked Ziti
Marinara or
Alfredo Sauce
Dinner Roll
Broccoli
GF Pasta and

Sauce

Spring Break 4/19 -4/28 School Closed

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# aramark

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Popcorn Chicken Over Rice Broccoli Applesauce 30

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Eggo Waffles Bacon Applesauce GF Egg on a Bun