

# Pearl River Middle School Menu May 2019

**Lunch must include:**  
Fresh/Canned Fruit or 100%  
Fruit Juice **or** Vegetable.  
**Milk Choice:**  
Skim, 1% or Skim Chocolate  
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 .25  
**Allergies or /Dietary needs**  
Email: spina-eileen@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

1 Roasted  
Chicken,  
Diced Seasoned  
Potatoes,  
Applesauce,  
GF - Nuggets

2 Mac & Cheese,  
Dinner Roll,  
Green Beans  
  
GF- Pasta &  
Sauce

3 Chicken Bacon,  
Ranch Flatbread,  
Diced Carrots  
GF- Grilled  
Chicken, Lettuce  
& Tomato

6 Corn Dogs  
BBQ Baked  
Beans  
Carrot Coins

7 French Toast  
Sticks,  
Hash Brown  
Patty  
Diced Carrots

8 Fajita Chicken  
Seasoned Rice,  
Sweet Corn

9 Cheese Ravioli,  
Dinner Roll,  
Green Beans

10 Bosco Sticks  
With Marinara  
Sauce  
Green Beans  
Pears

13 Popcorn Chicken  
Seasoned Rice,  
Broccoli  
  
GF – Nuggets &  
Rice

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

15 Nachos  
Seasoned Beef,  
Tortilla Chips,  
Cheese, Salsa

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

17 Grilled Cheese  
Baked Fries,  
Applesauce  
GF Pizza

20 Burritos  
Chicken or Beef  
Cheese & Rice  
Broccoli  
  
GF- Burger

21 Meatball Parm  
Sandwich  
Green Beans  
Apple Wedges

22 Chicken Tenders  
Seasoned Rice  
Green Beans,  
  
GF- Nuggets &  
Rice

23 Bacon Burger,  
Curley Fries,  
Peaches  
  
GF Hamburger

24 Memorial Day  
Weekend  
5/24 -5/28  
School Closed

29 Popcorn Chicken  
Over Rice  
Broccoli  
Applesauce

30 Eggo Waffles  
Sausage  
Applesauce  
GF- Egg on a  
Bun

31 Roasted Chicken  
Diced Potatoes  
Corn  
GF Grilled  
Chicken Lettuce  
& Tomato

