

# Pearl River High School September 2019

## Lunch includes...

Entrée, Vegetable, and/or side Veggies, Variety of Fruit or 100% Fruit Juice, Milk (Antibiotic & Hormone Free).

## Daily Options...

**Made to order Deli:** Sandwiches and Paninis. With Lettuce, Tomatoes, Onion, and Pickles  
**Special Sandwich of the day.**

**Salads:** Made to Order.

**Grill:** Chicken Patties, Burgers & Spicy Patties.

**Pizza:** Cheese, Pepperoni & Special.

**Yogurt parfaits**

Lunch \$2.75 Reduced .00

**Allergies/Dietary Needs**

Email: [alberts-david@aramark.com](mailto:alberts-david@aramark.com)

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### Waffle Wednesday

Grab N Go  
Freshly made on  
site Belgium  
Waffles

3

THE  
GOOD  
**MIX**  
food. friends. fresh.

4

### Nuggets & Tots

Roasted Squash  
Dinner Roll

5

### BBQ Pulled Pork Sandwich

Baked Beans  
Cole Slaw

6

### Chicken, Bacon Ranch Flatbread

Roasted Broccoli

9

### Potato Pierogis

With Grilled  
Onions, Sour  
Cream, Green  
Beans  
Applesauce

10

### Cheese Ravioli

Marinara Sauce  
Seasoned Broccoli

11

### Nachos

Seasoned Beef,  
Tortilla Chips,  
Cheese & Salsa  
Kick'n Pintos  
Diced Carrots

12

### Bacon, Cheese Burger & Tots

Applesauce  
GF Nuggets

13

### French Toast Sticks

Chicken Sausage  
Patty  
Hash Brown Patty

16

### Meatball Parm

on a Hoagie  
Broccoli  
GF- Pizza

17

### Steakhouse Burger

Steak Fries  
Grilled Garbanzos

18

### Roasted Chicken

Garlic Breadstick  
Diced Potatoes  
Sweet Corn

19

**Baked Ziti**  
with Marinara  
Sauce  
Dinner Roll,  
Green Beans  
GF- Pasta with  
Sauce

20

### Grilled Cheese and Tater Tots

Diced Carrots  
GF- Nuggets

23

### Chicken Tenders

Mashed Potatoes  
Corn

24

### Atomic Burger

Burger with Pepper  
Jack Cheese &  
Atomic Sauce  
French Fries

25

### Buffalo Chicken Flatbread

Roasted Broccoli  
GF- Grilled  
Chicken Lettuce &  
Tomato

26

### Homemade Mac N Cheese

Roasted  
Cauliflower  
Dinner Roll  
GF- Pasta with  
Sauce

27

### Beef Burrito

Refried Beans  
Mexican Rice  
Baby Carrots

30

Rosh Hashanah  
School Closed

Free/Reduced  
Applications are  
Due By  
October 21<sup>st</sup>

Rotating Side  
Veggies:  
Baby Carrots  
Celery Sticks  
Cucumber  
Slices



Daily GF Options  
Chicken Patty,  
Hamburger or  
Salad with Yogurt  
**MUST BE  
ORDERED by  
8:30AM**

