

Pearl River High School

January 2021

Lunch Includes:

3 of the 5 Components
Choice of Fruit, Vegetable,
Grain, Meat or Meat
Alternate and Milk

Milk Choice:

Skim, 1% or Fat Free
Chocolate

Hormone & Antibiotic Free

**Gluten Free Meals are
Available Only to
Students with
Documented Restrictions**

Daily Options:

**Made to Order Deli and
Salads**

Pizza:

**Cheese, Pepperoni, and
Specialty Pies**

Also Available:

**Spicy and Plain Chicken
Patties, Burgers, Black Bean
Burgers, Chicken Tenders**

**All School Meals Are Free to
All Students Until 6/30/21**

**Please Practice Social Distancing
Masks are Required in Food Service
Areas**



Captain's Quarters
Coffee/Espresso/Hot
Tea Open Daily
Serving Breakfast
& Lunch
Proudly Serving Java
City Coffee

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See Pick Up Menu

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See Pick Up Menu

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See Pick Up Menu

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See Pick Up Menu

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See Pick Up Menu

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School Closed
Winter Recess

11

Bacon Cheese Burger

Tater Tots
Fruit Cup
Choice of Milk

12

BBQ Chicken Flat Bread

Streamed Broccoli
Apple Slices
Choice of Milk

13

See Pick Up Menu

14

Breakfast for Lunch French Toast Sticks

Sausage Patty
Tater Tots
Fruit Cup
Choice of Milk

15

Beef Nachos

Salsa and Sour Cream
Black Beans
Apple Slices
Choice of Milk

18

School Closed
MLK Jr. Day

19

Philly Cheese Steak Sandwich

Steamed Green Beans
Fresh Apple
Choice of Milk

20

See Pick Up Menu

21

Meatball Parm Sub

Steamed Broccoli
Fresh Apple
Choice of Milk

22

Backyard Burger Cheese & BBQ Sauce

Steamed Carrots
French Fries
Fruit Juice
Choice of Milk

25

Buffalo Chicken Fingers

WG Breadstick
Steamed Broccoli
Apple Slices
Choice of Milk

26

Mexican Beef Bowl

Black Beans and Rice
Fruit Juice
Choice of Milk

27

See Pick Up Menu

28

Cheese filled Breadsticks

Marinara Sauce
Steamed Green Beans
Fruit Juice
Choice of Milk

29

Popcorn Chicken

WG Dinner Roll
Steamed Broccoli
Apple Slices
Choice of Milk