

Pearl River Middle School Menu 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**

Available Daily:

Chicken Patty, Burgers, Pizza,
and Assortment of Salads

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

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



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1
School Closed
Winter Recess

4
See Pick Up Menu

5
See Pick Up Menu

6
See Pick Up Menu

7
See Pick Up Menu

8
See Pick Up Menu

11
**Bacon Cheese
Burger**

Steamed Carrots
Apple Sauce
Choice of Milk

12
Meatball Hero

Seasoned Green
Beans
Fresh Orange
Choice of Milk

13
See Pick Up Menu

14
**Breakfast for Lunch
Mini Maple Blast
Pancakes**

Chicken Sausage
Hash Brown Patty
Apple Sauce
Choice of Milk

15
Chicken Tenders

WG Bread Stick

Veggie Baked Beans
Fruit Juice
Choice of Milk

18
School Closed

MLK Jr. Day

19
Beef Burrito

Roasted Corn
Fruit Cup in Juice
Choice of Milk

20
See Pick Up Menu

21
**Philly Cheese Steak
Sandwich**

Seasoned Green
Beans
Apple Slices
Choice of Milk

22
**Chicken and Cheese
Quesadilla**

Salsa and Sour Cream
Roasted Corn
Black Beans
Apple Slices
Choice of Milk

25
**Chicken Parm over
Pasta**

WG Bread Stick
Apple Slices
Choice of Milk

26
**Breakfast for Lunch
French Toast Sticks**

Chicken Sausage
Hash Brown Patty
Fruit Cup in Juice
Choice of Milk

27
See Pick Up Menu

28
BBQ Rib Sandwich

Seasoned Green
Beans
Apple Sauce
Choice of Milk

29
**Crunchy Beef
Tacos**

Salsa and Sour Cream
Rice
Black Beans
Fresh Apple
Choice of Milk