

# Pearl River High School

5/1/2024 - 5/3/2024

Welcome to our  
Lunch Cafe

**Meatless Monday**  
Monday

Tuesday

Wednesday

Thursday

Friday



Chicken Parmesan  
Over Pasta  
oven baked chicken  
topped with sauce and  
melted cheese, all over  
pasta 🍝  
Garden Salad  
Fresh Orange  
Two Cheese

Two Cheese  
Quesadilla  
grilled cheese quesadilla  
✓  
Mild Salsa  
Sour Cream  
Steamed Broccoli  
Fresh Grapes

Yard Bird Classic  
Chicken Sandwich  
a delicious chicken filet  
on a hearty bun, served  
with special sauce and a  
pickle  
Carrot Sticks  
Crispy Potato Puffs  
Fresh NY Local

Served with choice of side salad, variety of fresh fruit and vegetables. Choice of Fat Free, 1% or 2% Chilled Milk



French Bread Pizza  
crispy French bread  
smothered with tomato  
sauce and melted  
cheese ✓

French Bread Pizza  
crispy French bread  
smothered with tomato  
sauce and melted  
cheese ✓

French Bread Pizza  
crispy French bread  
smothered with tomato  
sauce and melted  
cheese ✓

Available Daily: cheese pizza, pepperoni pizza and specialty on whole grain rich pizza dough



Spicy Chicken  
Sandwich  
warm spicy crispy  
chicken sandwich  
prepared in-house

Spicy Chicken  
Sandwich  
warm spicy crispy  
chicken sandwich  
prepared in-house

Spicy Chicken  
Sandwich  
warm spicy crispy  
chicken sandwich  
prepared in-house

Available Daily: hamburgers, cheeseburgers, and chicken patty sandwiches



BLT Wrap  
freshly made wrap filled  
with crispy bacon,  
lettuce, tomato and  
cheese P 🍷

Deli Bar  
BLT Wrap  
freshly made wrap filled  
with crispy bacon,  
lettuce, tomato and  
cheese P 🍷

Deli Bar  
BLT Wrap  
freshly made wrap filled  
with crispy bacon,  
lettuce, tomato and  
cheese P 🍷

Available Daily: Made to Order and ALWAYS Fresh!



Classic Greek Salad  
romaine lettuce with  
cucumbers, tomatoes,  
feta cheese, black olives  
and red onions ✓ 🍷

Classic Greek Salad  
romaine lettuce with  
cucumbers, tomatoes,  
feta cheese, black olives  
and red onions ✓ 🍷

Classic Greek Salad  
romaine lettuce with  
cucumbers, tomatoes,  
feta cheese, black olives  
and red onions ✓ 🍷



Fruity Granola  
Parfait ✓ 🍷

Fruity Granola  
Parfait ✓ 🍷

Fruity Granola  
Parfait ✓ 🍷

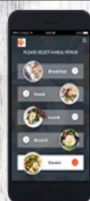
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes WW dinner roll and choice of fruit and milk

Adult Lunch \$5.25

Our Bagels, Sliced  
Bread and Rolls are  
WG or Multi Grain  
Products

Offering New Specials **EVERY WEEK!**

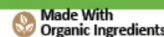
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Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. \* Menu is subject to change, notice posted when available. \* In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. \* This institution is an equal opportunity provider.



WHITSON'S  
School Nutrition



# Pearl River High School

Welcome to our  
Lunch Cafe

5/6/2024 - 5/10/2024

**Meatless Monday**  
**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



Wing Shack Garlic  
Parmesan Chicken  
Wings 🍷  
Oven Baked Fries  
Fresh Orange  
Cucumber Coins

Soft Tacos  
*freshly prepared fiesta-  
style meat with melted  
cheese wrapped in a  
warm soft taco shell* 🍷  
Refried Beans  
Fiesta Corn  
Iceberg Lettuce  
Mild Salsa

Incredibowls Chicken  
& Vegetable Rice  
*fluffy rice topped with  
vegetable stir fry and  
baked chicken* 🍷  
Steamed Carrots  
Fresh NY Local  
Apple **P**

Nashville Hot Kickin'  
Chicken Sandwich 🍷  
Black Beans  
Oven Baked Fries  
Fresh Orange

Grilled Chicken  
Teriyaki Sandwich 🍷  
Mashed Potatoes  
Steamed Carrots  
Fresh NY Local  
Apple

Served with choice of side salad, variety of fresh fruit and vegetables. Choice of Fat Free, 1% or 2% chilled milk



Spinach Pizza  
*fresh pizza dough topped  
with marinara sauce,  
fresh spinach and  
mozzarella cheese* 🍷

Spinach Pizza  
*fresh pizza dough topped  
with marinara sauce,  
fresh spinach and  
mozzarella cheese* 🍷

Spinach Pizza  
*fresh pizza dough topped  
with marinara sauce,  
fresh spinach and  
mozzarella cheese* 🍷

Spinach Pizza  
*fresh pizza dough topped  
with marinara sauce,  
fresh spinach and  
mozzarella cheese* 🍷

Spinach Pizza  
*fresh pizza dough topped  
with marinara sauce,  
fresh spinach and  
mozzarella cheese* 🍷

Available Daily: cheese pizza, pepperoni pizza and specialty on whole grain rich pizza dough



BLT Sandwich  
*warm sandwich prepared  
in-house topped with  
crispy bacon, fresh  
lettuce and tomato slices* **P** 🍷

BLT Sandwich  
*warm sandwich prepared  
in-house topped with  
crispy bacon, fresh  
lettuce and tomato slices* **P** 🍷

BLT Sandwich  
*warm sandwich prepared  
in-house topped with  
crispy bacon, fresh  
lettuce and tomato slices* **P** 🍷

BLT Sandwich  
*warm sandwich prepared  
in-house topped with  
crispy bacon, fresh  
lettuce and tomato slices* **P** 🍷

BLT Sandwich  
*warm sandwich prepared  
in-house topped with  
crispy bacon, fresh  
lettuce and tomato slices* **P** 🍷

Available Daily: hamburgers, cheeseburgers, and chicken patty sandwiches



Buffalo Chicken  
Sandwich  
*warm sandwich prepared  
in-house with spicy  
marinated chicken  
breast, crisp lettuce and  
sliced tomato* 🍷

Deli Bar  
Buffalo Chicken  
Sandwich  
*warm sandwich prepared  
in-house with spicy  
marinated chicken  
breast, crisp lettuce and  
sliced tomato* 🍷

Deli Bar  
Buffalo Chicken  
Sandwich  
*warm sandwich prepared  
in-house with spicy  
marinated chicken  
breast, crisp lettuce and  
sliced tomato* 🍷

Deli Bar  
Buffalo Chicken  
Sandwich  
*warm sandwich prepared  
in-house with spicy  
marinated chicken  
breast, crisp lettuce and  
sliced tomato* 🍷

Deli Bar  
Buffalo Chicken  
Sandwich  
*warm sandwich prepared  
in-house with spicy  
marinated chicken  
breast, crisp lettuce and  
sliced tomato* 🍷

Available Daily: Made to Order and ALWAYS Fresh!



Grilled Chicken Salad  
with Dinner Rolls  
*grilled chicken breast,  
lettuce, julienned carrots,  
sliced tomatoes and  
cucumbers* 🍷  
Fruity Granola  
Parfait 🍷 🍷 🍷

Grilled Chicken Salad  
with Dinner Rolls  
*grilled chicken breast,  
lettuce, julienned carrots,  
sliced tomatoes and  
cucumbers* 🍷  
Fruity Granola  
Parfait 🍷 🍷 🍷

Grilled Chicken Salad  
with Dinner Rolls  
*grilled chicken breast,  
lettuce, julienned carrots,  
sliced tomatoes and  
cucumbers* 🍷  
Fruity Granola  
Parfait 🍷 🍷 🍷

Grilled Chicken Salad  
with Dinner Rolls  
*grilled chicken breast,  
lettuce, julienned carrots,  
sliced tomatoes and  
cucumbers* 🍷  
Fruity Granola  
Parfait 🍷 🍷 🍷

Grilled Chicken Salad  
with Dinner Rolls  
*grilled chicken breast,  
lettuce, julienned carrots,  
sliced tomatoes and  
cucumbers* 🍷  
Fruity Granola  
Parfait 🍷 🍷 🍷



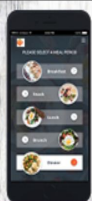
Available Daily: An array of seasonal produce, meats and mixed salads. Choice of dressing, whole grain dinner rolls

Adult Lunch \$5.25

Our Bagels, Sliced  
Bread and Rolls are  
WG or Multi Grain  
Products

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# Pearl River High School

5/13/2024 - 5/17/2024

Welcome to our  
Lunch Cafe

**Meatless Monday**  
**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



BBQ Chicken  
chicken coated in BBQ  
sauce  
Vegetable Rice Pilaf  
Steamed Peas  
Fresh Orange

Crunch Wrap Taco  
fiesta-style meat with  
melted cheese arranged  
in a hard taco shell  
surrounded by a tortilla



Yellow Rice  
Seasoned Black  
Beans

Chicken Parmesan  
Over Pasta  
oven baked chicken  
topped with sauce and  
melted cheese, all over  
pasta



Whole Wheat Dinner  
Roll  
Side Garden Salad

Cinnamon French  
Toast  
slices of French toast  
baked to perfection  
Sausage Patty  
Crispy Potato Puffs  
Fresh NY Local  
Apple  
Whole Wheat Dinner

Chicken & Cheese  
Bowl  
Sauteed Spinach  
Orange Glazed  
Carrots  
Whole Wheat Dinner  
Roll  
Fresh Orange

Served with choice of side salad, variety of fresh fruit and vegetables. Choice of Fat Free, 1% or 2%



Hand Crafted Buffalo  
Chicken Pizza  
fresh dough layered with  
sauce, topped with  
cheese and Buffalo  
chicken pieces and  
baked until crisp

Hand Crafted Buffalo  
Chicken Pizza  
fresh dough layered with  
sauce, topped with  
cheese and Buffalo  
chicken pieces and  
baked until crisp

Hand Crafted Buffalo  
Chicken Pizza  
fresh dough layered with  
sauce, topped with  
cheese and Buffalo  
chicken pieces and  
baked until crisp

Hand Crafted Buffalo  
Chicken Pizza  
fresh dough layered with  
sauce, topped with  
cheese and Buffalo  
chicken pieces and  
baked until crisp

Hand Crafted Buffalo  
Chicken Pizza  
fresh dough layered with  
sauce, topped with  
cheese and Buffalo  
chicken pieces and  
baked until crisp

Available Daily: cheese pizza, pepperoni pizza and specialty on whole grain rich pizza dough



Honey Mustard  
Chicken Wrap  
freshly sliced chicken  
strips arranged under  
crisp lettuce and  
tomatoes drizzled with  
honey mustard dressing  
in a soft tortilla wrap

Honey Mustard  
Chicken Wrap  
freshly sliced chicken  
strips arranged under  
crisp lettuce and  
tomatoes drizzled with  
honey mustard dressing  
in a soft tortilla wrap

Honey Mustard  
Chicken Wrap  
freshly sliced chicken  
strips arranged under  
crisp lettuce and  
tomatoes drizzled with  
honey mustard dressing  
in a soft tortilla wrap

Honey Mustard  
Chicken Wrap  
freshly sliced chicken  
strips arranged under  
crisp lettuce and  
tomatoes drizzled with  
honey mustard dressing  
in a soft tortilla wrap

Honey Mustard  
Chicken Wrap  
freshly sliced chicken  
strips arranged under  
crisp lettuce and  
tomatoes drizzled with  
honey mustard dressing  
in a soft tortilla wrap

Available Daily: hamburgers, cheeseburgers, and chicken patty sandwiches



Deli Bar  
American Combo  
Sandwich  
freshly made sandwich  
with thinly sliced turkey,  
ham and cheese

Deli Bar  
American Combo  
Sandwich  
freshly made sandwich  
with thinly sliced turkey,  
ham and cheese

Deli Bar  
American Combo  
Sandwich  
freshly made sandwich  
with thinly sliced turkey,  
ham and cheese

Deli Bar  
American Combo  
Sandwich  
freshly made sandwich  
with thinly sliced turkey,  
ham and cheese

Deli Bar  
American Combo  
Sandwich  
freshly made sandwich  
with thinly sliced turkey,  
ham and cheese

Available Daily: Made to Order and ALWAYS Fresh!



Fruity Granola  
Parfait  
Simply Boxed  
Hummus Energy Pack  
freshly packed meal with  
hummus, crispy bread,  
cheese and sliced  
vegetables

Fruity Granola  
Parfait  
Simply Boxed  
Hummus Energy Pack  
freshly packed meal with  
hummus, crispy bread,  
cheese and sliced  
vegetables

Fruity Granola  
Parfait  
Simply Boxed  
Hummus Energy Pack  
freshly packed meal with  
hummus, crispy bread,  
cheese and sliced  
vegetables

Fruity Granola  
Parfait  
Simply Boxed  
Hummus Energy Pack  
freshly packed meal with  
hummus, crispy bread,  
cheese and sliced  
vegetables

Fruity Granola  
Parfait  
Simply Boxed  
Hummus Energy Pack  
freshly packed meal with  
hummus, crispy bread,  
cheese and sliced  
vegetables

Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes WW dinner roll and choice of fruit and milk

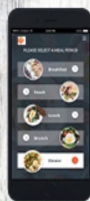


Adult Lunch \$5.25

Our Bagels, Sliced  
Bread and Rolls are  
WG or Multi Grain  
Products

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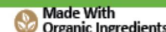
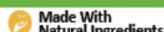
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# Pearl River High School

5/20/2024 - 5/24/2024

Welcome to our  
Lunch Cafe

**Meatless Monday**  
**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



Homemade Baked Pasta with Cheese  
pasta topped with melted cheese, baked to perfection 🍃 🍌  
Side Garden Salad  
Roasted Squash  
Applesauce

Walking Taco  
mexi-style taco meat paired with crispy chips  
Iceberg Lettuce  
Sour Cream  
Mild Salsa  
Steamed Carrots  
Fresh Orange

Baked Chicken Tenders  
crispy chicken tenders perfect for dipping in your favorite sauce  
Vegetable Rice Pilaf  
Green Beans  
Whole Wheat Dinner Roll

Spicy Chicken Melt  
moist spicy chicken topped with melted cheese inside a warm bread  
Iceberg Lettuce  
Sliced Tomatoes  
Spicy Four Bean Salad

Bacon Cheeseburger  
freshly prepared beef patty topped with melted cheese, crispy bacon, crisp lettuce and tomato served on a toasted bun 🍌  
Oven Baked Fries  
Fresh Orange

Served with choice of side salad, variety of fresh fruit and vegetables. Choice of Fat Free, 1% or 2% chilled milk



Macho Taco Pizza  
homemade fiesta style taco meat, tomato sauce, mozzarella and parmesan cheese a top pizza crust brushed with garlic and oil 🍌

Macho Taco Pizza  
homemade fiesta style taco meat, tomato sauce, mozzarella and parmesan cheese a top pizza crust brushed with garlic and oil 🍌

Macho Taco Pizza  
homemade fiesta style taco meat, tomato sauce, mozzarella and parmesan cheese a top pizza crust brushed with garlic and oil 🍌

Macho Taco Pizza  
homemade fiesta style taco meat, tomato sauce, mozzarella and parmesan cheese a top pizza crust brushed with garlic and oil 🍌

Macho Taco Pizza  
homemade fiesta style taco meat, tomato sauce, mozzarella and parmesan cheese a top pizza crust brushed with garlic and oil 🍌

Available Daily: cheese pizza, pepperoni pizza and specialty on whole grain rich pizza dough



Cheesy Stuffed Bread Sticks  
baked bread sticks filled with melted cheese 🍃  
Marinara Sauce

Cheesy Stuffed Bread Sticks  
baked bread sticks filled with melted cheese 🍃  
Marinara Sauce

Cheesy Stuffed Bread Sticks  
baked bread sticks filled with melted cheese 🍃  
Marinara Sauce

Cheesy Stuffed Bread Sticks  
baked bread sticks filled with melted cheese 🍃  
Marinara Sauce

Cheesy Stuffed Bread Sticks  
baked bread sticks filled with melted cheese 🍃  
Marinara Sauce

Available Daily: hamburgers, cheeseburgers, and chicken patty sandwiches



Deli Bar  
Turkey Club Wrap  
turkey breast, bacon, chopped romaine lettuce and tomato, wrapped in a tortilla 🍌 🍌

Turkey Club Wrap  
turkey breast, bacon, chopped romaine lettuce and tomato, wrapped in a tortilla 🍌 🍌

Deli Bar  
Turkey Club Wrap  
turkey breast, bacon, chopped romaine lettuce and tomato, wrapped in a tortilla 🍌 🍌

Deli Bar  
Turkey Club Wrap  
turkey breast, bacon, chopped romaine lettuce and tomato, wrapped in a tortilla 🍌 🍌

Deli Bar  
Turkey Club Wrap  
turkey breast, bacon, chopped romaine lettuce and tomato, wrapped in a tortilla 🍌 🍌

Available Daily: Made to Order and ALWAYS Fresh!



Garden Salad Entree  
fresh garden salad topped with meat 🍌  
Dinner Rolls  
Fruity Granola  
Parfait 🍃 🍌 🍌

Garden Salad Entree  
fresh garden salad topped with meat 🍌  
Dinner Rolls  
Fruity Granola  
Parfait 🍃 🍌 🍌

Garden Salad Entree  
fresh garden salad topped with meat 🍌  
Fruity Granola  
Parfait 🍃 🍌 🍌

Garden Salad Entree  
fresh garden salad topped with meat 🍌  
Fruity Granola  
Parfait 🍃 🍌 🍌

Garden Salad Entree  
fresh garden salad topped with meat 🍌  
Fruity Granola  
Parfait 🍃 🍌 🍌



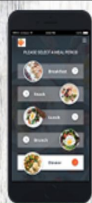
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes WW dinner roll and choice of fruit and milk

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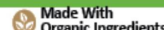
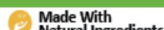
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# Pearl River High School

5/27/2024 - 5/31/2024

Welcome to our  
Lunch Cafe

**Meatless Monday**  
Monday

Tuesday

Wednesday

Thursday

Friday



Crispy Tacos  
homemade spicy taco  
meat inside a crispy taco  
shell topped with cheese  
Refried Beans  
Iceberg Lettuce  
Mild Salsa  
Fresh NY Local  
Apple

Cheeseburger  
burger topped with  
cheese on a freshly  
toasted bun  
Oven Baked Fries  
Fresh Orange

Wing Shack BBQ  
Style Chicken Wings  
BBQ Chicken Wings  
Whole Wheat Dinner  
Roll  
Green Beans  
Fresh Banana

Mac & Cheese with  
Spicy Beef  
tender macaroni covered  
in gooey cheese, mixed  
with spicy flavored beef  
Whole Wheat Dinner  
Roll  
Steamed Carrots

Served with choice of side salad, variety of fresh fruit and vegetables. Choice of Fat Free, 1% or 2% chilled milk



BBQ Chicken Pizza  
freshly prepared cheese  
pizza topped with chicken  
tossed in BBQ sauce

BBQ Chicken Pizza  
freshly prepared cheese  
pizza topped with chicken  
tossed in BBQ sauce

BBQ Chicken Pizza  
freshly prepared cheese  
pizza topped with chicken  
tossed in BBQ sauce

BBQ Chicken Pizza  
freshly prepared cheese  
pizza topped with chicken  
tossed in BBQ sauce

Available Daily: cheese pizza, pepperoni pizza and specialty on whole grain rich pizza dough



General Tso's  
Chicken Wrap  
grilled chicken, julienned  
carrots and lettuce on  
tortilla wrap spread with  
General Tso's sauce

General Tso's  
Chicken Wrap  
grilled chicken, julienned  
carrots and lettuce on  
tortilla wrap spread with  
General Tso's sauce

General Tso's  
Chicken Wrap  
grilled chicken, julienned  
carrots and lettuce on  
tortilla wrap spread with  
General Tso's sauce

General Tso's  
Chicken Wrap  
grilled chicken, julienned  
carrots and lettuce on  
tortilla wrap spread with  
General Tso's sauce

Available Daily: hamburgers, cheeseburgers, and chicken patty sandwiches



Warm baked chicken smothered  
in BBQ Sauce  
on a bun and prepared in-house

Deli Bar  
BBQ Chicken  
Sandwich  
Warm baked chicken  
smothered in BBQ Sauce  
on a bun and prepared in-house

BBQ Chicken  
Sandwich  
warm baked chicken  
smothered in BBQ sauce  
on a bun and prepared  
in-house

BBQ Chicken  
Sandwich  
warm baked chicken  
smothered in BBQ sauce  
on a bun and prepared  
in-house

BBQ Chicken  
Sandwich  
warm baked chicken  
smothered in BBQ sauce  
on a bun and prepared  
in-house

Available Daily: Made to Order and ALWAYS Fresh!



Eastern Chicken  
Salad  
Dinner Rolls  
Fruity Granola Parfait  
Low fat vanilla yogurt  
layered with fruit and  
granola

Eastern Chicken  
Salad  
chicken breast, mandarin  
oranges and scallions  
over a bed of mixed  
greens with an orange  
dressing  
Dinner Rolls  
Fruity Granola

Eastern Chicken  
Salad  
chicken breast, mandarin  
oranges and scallions  
over a bed of mixed  
greens with an orange  
dressing  
Dinner Rolls  
Fruity Granola

Eastern Chicken  
Salad  
chicken breast, mandarin  
oranges and scallions  
over a bed of mixed  
greens with an orange  
dressing  
Dinner Rolls  
Fruity Granola

Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes WW dinner roll and choice of fruit and milk

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Bread and Rolls are  
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Products

Offering New Specials **EVERY WEEK!**

To see our menus, visit us at: [www.fdmealplanner.com](http://www.fdmealplanner.com)



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at [www.FDMealPlanner.com](http://www.FDMealPlanner.com) or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. \* Menu is subject to change, notice posted when available. \* In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. \* This institution is an equal opportunity provider.

