

Pearl River High School

January 2020

Lunch includes...

Choice of Fruit, Vegetable,
Grain, Meat or Meat
Alternate and Milk
A Meal Must Contain a
Minimum - 3 of the 5
Components
Lunch \$2.75 Reduced \$.00

Daily Options...

Made to Order Deli:
Sandwiches and Paninis with
Choice of Toppings
**Special Sandwich of the
Day.**

Salads: Made to Order.

Grill: Chicken Patties,
Burgers & Spicy Chicken
Patties.

Pizza: Cheese, Pepperoni &
Daily Specials

**Daily Gluten Meals are
Available Only to Students
with Documented Food
Restrictions**

See Gluten Free Menu



2
Breakfast for Lunch
French Toast
Sticks
Sausage Patty
Tater Tots
Fresh Orange

3
Potato Pierogis
With Grilled Onions

Steamed Carrots
Fruit Juice

6
Orange Chicken
& Broccoli
Lo Mein Noodles

Green Beans
Fresh Apple

7
Beef Burrito

Veggie Baked Beans
Mexican Rice
Fresh Orange

8
Cheesy Ravioli

Seasoned Corn
Garlic Breadstick
Fruit Juice

9
Beef Nachos
Supreme
Tortilla Chips
Cheddar Cheese
and Salsa
Tomato Wedges
Fresh Cup

10
Herb Roasted
Chicken

Cornbread
Steamed Broccoli
Fruit Juice

13
Boneless Buffalo
Chicken Wings

Green Beans
Fresh Apple

14
Meatball Parm
Sandwich

Seasoned Broccoli
Fresh Orange

15
Homemade
Mac & Cheese
With or Without
Chicken
Dinner Roll
Seasoned Carrots
Fresh Cup

16
Breakfast for Lunch
French Toast
Sticks
Sausage Patty
Tater Tots
Fruit Juice

17
Chicken &
Cheese
Quesadilla
Salsa and Sour
Cream
Mexicali Corn
Kick'n Pintos
Fruit Cup

20
ML King Jr. Day

No School

21
Cheesy Baked
Penne
Garlic Breadstick
Seasoned Green
Beans
Fresh Baby Carrots
Fresh Apple

22
Jamaican Beef
Patty

Rice & Peas
Fresh Orange

23
Buffalo Chicken &
Cheese Calzone

Seasoned Corn
Veggie Baked Beans
Fruit Cup

24
Breaded
Mozzarella Sticks
With Marinara Sauce

Roasted Broccoli
Fruit Juice

27
Chicken & Biscuit
Chicken Tenders
with a Hot Biscuit

Waffle Fries
Fresh Apple

28
Crunchy Beef
Tacos
Salsa and Sour
Cream
Steamed Broccoli
Kick'n Pintos
Fresh Apple

29
Grilled Cheese
Sandwich

Tomato Soup
Roasted Cauliflower
Fruit Cup

30
Breakfast for Lunch
French Toast
Sticks

Sausage Patty
Tater Tots
Fruit Juice

31
Pork Riblet
Sandwich

Seasoned Carrots
Fruit Cup

