

# Pearl River High School

## February 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



Breakfast Now  
Being Served  
Daily From  
7:45am-9:45am  
Free/Reduced-\$0.00  
Paid-\$2.00



Captain's Quarters  
Coffee/Esspresso  
Shop Open Daily

Proudly Serving  
Java City Coffee

3

**Meatless Monday  
Buddha Bowl**  
Tofu, White Rive &  
Choice of Veggies  
  
Roasted Cauliflower  
Fresh Apple

4

**Beef & Cheese  
Burrito**  
  
Veggie Baked Beans  
Mexican Rice  
Fresh Orange

5

**Jamaican Beef  
Patty**  
Beef and Spices in a  
Flaky Pastry Shell  
Rice & Peas  
Fruit Juice

6

**Turkey Nacho  
Supreme**  
Tortilla Chips  
Cheddar Cheese and  
Salsa  
  
Tomato Wedges  
Fruit Cup

7

**Cilantro Lime  
Roasted Chicken**  
  
Cornbread  
Steamed Broccoli  
Fruit Juice

10

**Meatless Monday  
Cheesy Baked  
Penne**  
  
Garlic Breadstick  
Seasoned Carrots  
Fresh Apple

11

**Loaded Tater  
Bites with  
Popcorn Chicken**  
Kick'n Pintos  
Dinner Roll  
Seasoned Broccoli  
Fresh Orange

12

**Homemade  
Mac & Cheese**  
With or Without  
Chicken  
Breadstick  
Roasted Green Beans  
Fruit Cup

13

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

14

**Pulled Pork  
Sandwich**  
On a Ciabatta Roll  
  
Waffle Fries  
Fruit Cup

17

Presidents Day  
  
School Closed

18

School Closed

19

**Chicken &  
Biscuit**  
Chicken Tenders with  
a Hot Biscuit  
Roasted Potato  
Wedges, Tomato  
Wedge, Fresh Apple

20

**Buffalo Chicken &  
Cheese Calzone**  
Chicken & Spices in a  
Baked Folded Pizza  
Crust, Green Beans  
Grilled Garbanzos  
Fruit Cup

21

**Cheeseburger  
Bacon Sliders**  
  
Twister Fries  
Roasted Broccoli  
Fruit Juice

24

Early Dismissal  
  
Limited Menu

25

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

26

**Pasta Alfredo  
With Chicken**  
Pasta Tossed with  
Butter, Parmesan  
Cheese and Cream  
Roasted Cauliflower  
Fresh Orange

27

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

28

**Potato Pierogis**  
With Grilled Onions  
A Potato Filled  
Dumpling  
Seasoned Carrots  
Fruit Juice

