



# Pearl River Elementary School Menu October 2020

### Lunch Includes

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

### Milk Choice:

1%, Skim or Chocolate Skim  
(Hormone & Antibiotic Free)

### Lunch Alternatives:

Bagel Lunch w/Yogurt

### Sandwich Choices:

Turkey, Cheese or PB&J

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

All School Meals Are Free to All  
Students Until 12/31/20



This institution is an equal opportunity provider.

**1**

**2**

**3**

**1**

**Breakfast for Lunch**  
**French Toast Sticks**

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

**2**

**Fresh Baked Cheese or Pepperoni Pizza**

Baby Carrots  
Fruit Cup in Juice  
Choice of Milk

**5**

**Chicken Nuggets**

WG Dinner Roll  
Steamed Broccoli  
Apple Slices  
Choice of Milk

**6**

**Fresh Baked Cheese or Pepperoni Pizza**

Baby Carrots  
Fruit Cup in Juice  
Choice of Milk

**7**

See Pick Up Menu

**8**

**All Beef Hot Dog**  
On a WG Bun

Veggie Baked Beans  
Fruit Juice  
Choice of Milk

**9**

**Popcorn Chicken**

WG Dinner Roll  
Mashed Potatoes  
Fruit Cup in Juice  
Choice of Milk

**12**

**School Closed**  
**Columbus Day**

**13**

**Breakfast for Lunch**  
**Mini Maple Burst Pancakes**

Chicken Sausage  
Tater Tots  
Apple Slices  
Choice of Milk

**14**

See Pick Up Menu

**15**

**Homemade Mac & Cheese**

WG Breadstick  
Green Beans  
Apple Slices  
Choice of Milk

**16**

**Fresh Baked Cheese or Pepperoni Pizza**

Baby Carrots  
Fruit Cup in Juice  
Choice of Milk

**19**

**Chicken Tenders**

WG Dinner Roll  
Tater Tots  
Apple Slices  
Choice of Milk

**20**

**Fresh Baked Cheese or Pepperoni Pizza**

Baby Carrots  
Fruit Cup in Juice  
Choice of Milk

**21**

See Pick Up Menu

**22**

**Chicken Nuggets**

WG Dinner Roll  
Seasoned Green Beans  
Apple Slices  
Choice of Milk

**23**

**Hamburger or Cheeseburger**  
On a WG Bun

Veggie Baked Beans  
Steamed Broccoli  
Fruit Cup in Juice  
Choice of Milk

**26**

**Chicken Patty**  
On a whole grain bun

Corn  
Apple Slices  
Choice of Milk

**27**

**Popcorn Chicken**

WG Dinner Roll  
Steamed Broccoli  
Fruit Cup in Juice  
Choice of Milk

**28**

See Pick Up Menu

**29**

**Breakfast for Lunch**  
**French Toast Sticks**

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

**30**

**Fresh Baked Cheese or Pepperoni Pizza**

Baby Carrots  
Fruit Cup in Juice  
Choice of Milk