



# Pearl River Middle School Menu October 2020

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

**5**  
Chicken Nuggets  
Breadstick  
Seasoned Green Beans  
Fresh Orange  
Choice of Milk

**6**  
Homemade Mac & Cheese  
W/ or Without Chicken  
Breadstick  
Roasted Green Beans  
Kick'n Pintos  
Fruit Juice  
Choice of Milk

**7**  
See Pick Up Menus

**1**  
Fiesta Nachos  
Tortilla Chips,  
Seasoned Chicken  
Cheddar Cheese and Toppings  
Black Beans  
Fruit Cup in Juice  
Choice of Milk

**2**  
Breakfast for Lunch French Toast Sticks  
Chicken Sausage  
Hash Brown Patty  
Fruit Cup in Juice  
Choice of Milk

**12**  
**Columbus Day School Closed**

**13**  
Loaded Tater Bites w/ Popcorn Chicken  
Kick'n Pintos  
Dinner Roll  
Seasoned Broccoli  
Fresh Orange  
Choice of Milk

**14**  
See Pick Up Menus

**15**  
Breakfast for Lunch French Toast Sticks  
Chicken Sausage  
Hash Brown Patty  
Fruit Cup in Juice  
Choice of Milk

**16**  
Backyard Burger  
Cheese, Curly Fries & BBQ Sauce  
Veggie Baked Beans  
Fruit Juice  
Choice of Milk

**19**  
Popcorn Chicken  
Mashed Potatoes  
Corn  
Apple Slices  
Choice of Milk

**20**  
Pasta Marinara  
Green Beans  
Breadstick  
Fruit Cup in Juice  
Choice of Milk

**21**  
See Pick Up Menus

**22**  
Meatball Parm Sub  
Side Salad  
Fresh Apple  
Choice of Milk

**23**  
Chicken Tenders  
Steamed Broccoli  
Mashed Potatoes  
Fruit Cup in Juice  
Choice of Milk

**26**  
Chicken Patty on a Bun  
Garlic Breadstick  
Green Beans  
Apple Slices  
Choice of Milk

**27**  
Crunchy Chicken Tacos  
Salsa and Sour Cream  
Rice  
Black Beans  
Fresh Apple  
Choice of Milk

**28**  
See Pick Up Menus

**29**  
Pasta with Meat Sauce  
Bread Stick  
Steamed Carrots  
Apple Slices  
Choice of Milk

**30**  
Bacon Cheeseburger  
French Fries  
Veggie Baked Beans  
Fruit Cup in Juice  
Choice of Milk

**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.  
**All School Meals Are Free to All Students Until 12/31/20**  
**Please Practice Social Distancing  
Masks are Required in Food Service Areas**



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