

# Pearl River High School

## March 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

**Grilled Cuban Sandwich**  
Roasted Pork, Ham & Swiss then Pressed  
  
Seasoned Green Beans  
Fresh Apple

3

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

4

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

5

**Fiesta Nachos**  
Tortilla Chips,  
Seasoned Ground Beef  
Cheddar Cheese and  
Tomato Salsa  
Tomato Wedges  
Fruit Cup

6

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

9

**National Meatball Day**  
Choose from the following:  
Meatball Sub, Meatball Sliders, Pasta with Meatballs  
Seasoned Corn, Juice

10

**Nacho Pizza all Week!**  
Lime Crema, Mozzarella & Cheddar  
Cilantro, Green Onion  
And Ground Beef  
Roasted Cauliflower  
Fresh Apple

11

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

12

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

13

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

16

**Cheesy Baked Penne**  
  
Garlic Breadstick  
Seasoned Carrots  
Garden Salad  
Fresh Apple

17

**St. Patrick's Day Traditional Corned Beef & Cabbage**  
  
Boiled Red Potatoes  
Irish Soda Bread  
Fresh Orange

18

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

19

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

20

Superintendents  
Conference Day  
  
No School

23

**Grilled Cuban Sandwich**  
Roasted Pork, Ham & Swiss then Pressed  
Thai Noodle & Broccoli Salad  
Fresh Apple

24

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

25

**Chicken & Biscuit**  
Chicken Tenders with a Hot Biscuit  
Roasted Potato Wedges  
Tomato Wedge  
Fruit Juice

26

**Baseball Opening Day Chili Cheese Dog**  
  
Twister Fries  
Fruit Cup

27

**BBQ Pork Sliders**  
  
Black Beans & Rice  
Roasted Broccoli  
Fruit Juice

30

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

31

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



Breakfast Now  
Being Served Daily  
From  
7:30am-9:30am  
Free/Reduced-\$0.00  
Paid-\$2.00

**Captain's Quarters**  
Coffee/Esspresso  
Shop Open Daily  
Serving Breakfast  
& Lunch Daily  
Proudly Serving  
Java City Coffee

