

fuel

McMurray Lunch Menu

October 2019

Chicken Tacos with Pineapple Salsa



Pizza Sticks &Sauce

Ham & Cheese Melt Grilled Chicken Salad Italian Hoagie

French Fries **Diced Pears**

Nachos Grande

Hot Dog Grilled Chicken Salad Italian Hoagie

Corn Grapes

Pizza Hut Pizza

Chicken Quesadilla w/ Rice Grilled Chicken Salad Italian Hoagie

BBQ Pinto Beans Apple Slices

Waffles & Sausage

Chicken Tenders/Roll Grilled Chicken Salad Italian Hoagie

Steamed Broccoli **Diced Peaches**

Pasta w/ Meatballs

Mini Corn Dogs Popcorn Chicken Salad Breakfast Muffin Pack

Peas & Carrots Fruit Cocktail

Chicken Mashed Potato Bowl/Breadstick

Grilled Cheese Popcorn Chicken Salad Breakfast Muffin Pack

Seasoned Carrots **Diced Pears**

Chicken Tacos w/ Pineapple Salsa

Italian Cheese Dunkers Popcorn Chicken Salad Breakfast Muffin Pack

Corn Strawberries



10

Personal Pizza

Bacon Cheeseburger Popcorn Chicken Salad Breakfast Muffin Pack

Baked Beans Applesauce

French Toast Sticks & Sausage

Chicken Nuggets/Breadstick Popcorn Chicken Salad Breakfast Muffin Pack

Tater Tots **Diced Peaches**

14 National Pasta Day

Chicken Parm w/ Pasta

Mini Corn Dogs Ham Chef Salad Turkey Hoagie

Seasoned Carrots Fruit Cocktail

15

Meatball Hoagie

Grilled Cheese Ham Chef Salad Turkey Hoagie

French Fries Diced Pears

16

Doritos Walking Taco

Hot Dog Ham Chef Salad Turkey Hoagie

Corn Strawberries 17

Cheese Pizza

Cheeseburger Ham Chef Salad Turkey Hoagie

CHOCOLATE PUDDING DESSERT

Baked Beans Applesauce

18

Pancakes & Sausage

Chicken Nuggets/Breadstick Ham Chef Salad Turkey Hoagie

Hash Brown **Diced Peaches**

21

Pasta w/ Meatballs

Popcorn Chicken w/ Roll Chicken Caesar Salad Ham Hoagie

Seasoned Peas Mandarin Oranges 22

Chicken Mashed Potato Bowl/Mini Soft Pretzel

Ham & Cheese Melt Chicken Caesar Salad Ham Hoagie

Cauliflower **Diced Pears** 23

Nachos Grande

Hot Dog Chicken Caesar Salad Ham Hoagie

Corn Grapes 24

No School

25

No School

Egg, Sausage, Cheese Bagel Melt

Mini Corn Dogs All American Chef Salad Chicken Ranch Wrap

Green Beans Fruit Cocktail

General Tso's Popcorn Chicken/Rice

Grilled Cheese All American Chef Salad Chicken Ranch Wrap

Steamed Broccoli Diced Pears

Doritos Walking Taco

Italian Cheese Dunkers All American Chef Salad Chicken Ranch Wrap

Corn Strawberries

31 Happy Halloween

Cheese Pizza

Cheeseburger All American Chef Salad Chicken Ranch Wrap

Baked Beans Applesauce



Lucky Tray Day Prize



Daily Features:

Grab N Go Flatbread Pizza Kit Yogurt Parfait WG Pretzel/Cheese Stick/Trix Yogurt Chicken Patty Sandwich SunButter & Jelly Sandwich Apples, Oranges & Bananas



Be on the lookout!

Ace travels to **London this** month!



Veggies May Include:

Baby Carrots, Broccoli Florets, Red Pepper Strips, Cucumber Slices, **Grape Tomatoes & Celery Sticks**

Available Daily:

Fat-Free and 1% white milk as well as Fat-Free flavored milk choices



This institution is an equal opportunity provider.