



# McMurray Elementary Lunch

## April 2022

Per the USDA, a free meal must include at least 3 components. Out of those 3 you must choose 1/2 cup of fruit and/or veggie.

Components include Grains, Meat/Meat Alternative, Dairy, Fruit and Veggie.

### Offered Daily:

Sun Butter & Jelly Sandwich \*V

Crispy Chicken Breast Sandwich

Seasonal Fresh Fruit and Vegetables

1

Cheddar Cheese Quesadilla \*V  
OR

Blueberry Yogurt Parfait & Grahams \*V

OR  
Grilled Chicken Caesar Salad & Breadstick

-----Side Items-----  
Garden Salad, Baby Carrots

4

Pancakes & Turkey Sausage Links  
OR

Flatbread Pizza Kit  
OR

Chicken, Feta & Berry Salad & Breadstick

-----Side Items-----  
Tater Tots, Bell Peppers

5

100% Beef Meatball Sub  
OR

Egg, Fruit & Cheese Pack with Crackers \*V

-----Side Items-----  
Smiley Fries, Baby Carrots

6

Corn Dogs  
OR

Oven Roasted Turkey Chef Salad & Dinner Roll

-----Side Items-----  
Baked Beans, Cucumber Slices

7

Glazed Ham with Cheesy Shredded Potatoes & Roll  
OR

Honey Ham & Cheese Flatbread Kit

-----Side Items-----  
Sweet Corn, Grape Tomatoes

8

American Grilled Cheese \*V  
OR

Blueberry Yogurt Parfait & Grahams \*V

OR  
Grilled Chicken Caesar Salad & Breadstick

-----Side Items-----  
Garden Salad, Baby Carrots

11

Spring Break

NO SCHOOL

12

Spring Break

NO SCHOOL

13

Spring Break

NO SCHOOL

14

Spring Break

NO SCHOOL

15

Spring Break

NO SCHOOL

18

Apple Strudel & Turkey Sausage Links  
OR

Flatbread Pizza Kit  
OR

Chicken, Feta & Berry Salad & Breadstick

-----Side Items-----  
Smiley Fries, Bell Peppers

19

Pasta w/ Marinara Sauce & 100% Beef Meatballs \*SC  
OR

Egg, Fruit & Cheese Pack with Crackers \*V

-----Side Items-----  
Green Peas, Baby Carrots

20

Grilled Chicken Soft Tacos \*SC  
OR

Oven Roasted Turkey Chef Salad & Dinner Roll

-----Side Items-----  
Baked Beans, Cucumber Slices

21

Breaded Chicken Boneless Wings  
OR

Honey Ham & Cheese Flatbread Kit

-----Side Items-----  
Steamed Broccoli, Grape Tomatoes

22

Cheese Stuffed Breadsticks & Marinara \*V  
OR

Berry Yogurt Parfait & Grahams \*V  
OR

Grilled Chicken Caesar Salad & Breadstick

-----Side Items-----  
Garden Salad, Baby Carrots

25

Waffles & Turkey Sausage Links  
OR

Flatbread Pizza Kit  
OR

Chicken, Feta & Berry Salad & Breadstick

-----Side Items-----  
Tater Tots, Bell Peppers

26

100% Beef Hot Dog  
OR

Egg, Fruit & Cheese Pack with Crackers \*V

-----Side Items-----  
Crinkle Cut Fries, Baby Carrots

27

Ground Beef Walking Taco \*SC  
OR

Oven Roasted Turkey Chef Salad & Dinner Roll

-----Side Items-----  
Baked Beans, Cucumber Slices

28

Pepperoni Pizza  
OR

Honey Ham & Cheese Flatbread Kit

-----Side Items-----  
Green Beans, Grape Tomatoes

29

Golden Crispy Chicken Tenders  
OR

Berry Yogurt Parfait & Grahams \*V  
OR

Grilled Chicken Caesar Salad & Breadstick

-----Side Items-----  
Garden Salad, Baby Carrots

All chicken products offered are Tyson chicken raised with no antibiotics ever. No added hormones or steroids. No artificial ingredients. Whole grain breading.

All deli meats offered are Smithfield Healthy Ones. No MSG or added hormones. No artificial flavors.

\*V = Vegetarian \*SC = Made from Scratch

**A Lunch Meal is complimentary in the school day.**  
Second Lunch Meal: \$2.30

### Offered Daily with Lunch Meal:

Assorted Fresh Seasonal Fruit & 100% Juice  
Skim White, Skim Chocolate and 1% White Milk