



McMurray Elementary Lunch

December 2021

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

1
Grilled Chicken Soft Tacos *SC
OR
Smoked Turkey & Provolone Wrap
OR
Oven Roasted Turkey Chef Salad & Dinner Roll
-----Side Items-----
Baked Beans, Cucumber Slices

2
Cheese Stuffed Breadsticks & Marinara *V
OR
Honey Ham, Smoked Turkey & Cheddar Sandwich
OR
Hummus & Veggie Plate *V
-----Side Items-----
Tater Tots, Grape Tomatoes

3
Breaded Chicken Boneless Wings
OR
Blueberry Yogurt Parfait & Grahams *V
OR
Grilled Chicken Caesar Salad & Breadstick
-----Side Items-----
Garden Salad, Baby Carrots

6
Macaroni & Cheese *V *SC
OR
Ranch Chicken Wrap
OR
Chicken, Feta & Berry Salad & Breadstick
-----Side Items-----
Green Beans, Bell Peppers

7
French Toast Sticks & Turkey Sausage Links
OR
Smoked Turkey Club
OR
Egg, Fruit & Cheese Pack with Crackers *V
-----Side Items-----
Smiley Fries, Baby Carrots

8
Ground Beef Walking Taco *SC
OR
Smoked Turkey & Provolone Wrap
OR
Oven Roasted Turkey Chef Salad & Dinner Roll
-----Side Items-----
Baked Beans, Cucumber Slices

9
Pepperoni Pizza
OR
Honey Ham, Smoked Turkey & Cheddar Sandwich
OR
Hummus & Veggie Plate *V
-----Side Items-----
Tater Tots, Grape Tomatoes

10
Golden Crispy Chicken Tenders
OR
Blueberry Yogurt Parfait & Grahams *V
OR
Grilled Chicken Caesar Salad & Breadstick
-----Side Items-----
Garden Salad, Baby Carrots

13
Cheese Stuffed Breadsticks & Marinara *V
OR
Ranch Chicken Wrap
OR
Chicken, Feta & Berry Salad & Breadstick
-----Side Items-----
Crinkle Cut Fries, Bell Peppers

14
Sloppy Joes *SC
OR
Smoked Turkey Club
OR
Egg, Fruit & Cheese Pack with Crackers *V
-----Side Items-----
Sweet Corn, Baby Carrots

15
Cheddar Cheese Quesadilla *V
OR
Smoked Turkey & Provolone Wrap
OR
Oven Roasted Turkey Chef Salad & Dinner Roll
-----Side Items-----
Kickin' Pinto Beans, Cucumber Slices

16
Pizza Hut Cheese Pizza *V
OR
Honey Ham, Smoked Turkey & Cheddar Sandwich
OR
Hummus & Veggie Plate with Oven-Fired Flatbread *V
-----Side Items-----
Green Peas, Grape Tomatoes

17

Gourmet Ham with Roasted Red Skinned Potatoes & Roll *SC
OR
Berry Yogurt Parfait & Grahams *V
OR
Grilled Chicken Caesar Salad & Breadstick
-----Side Items-----
Garden Salad, Baby Carrots

20
Grilled Cheese *V
OR
Ranch Chicken Wrap
OR
Chicken, Feta & Berry Salad & Breadstick
-----Side Items-----
Crinkle Cut Fries, Bell Peppers

21
Cinnamon Breakfast Roll & Cheddar Scrambled Eggs *V
OR
Smoked Turkey Club
OR
Egg, Fruit & Cheese Pack with Crackers *V
-----Side Items-----
Smiley Fries, Baby Carrots

22
Potato Wedge Chicken Nachos
OR
Smoked Turkey & Provolone Wrap
OR
Oven Roasted Turkey Chef Salad & Dinner Roll
-----Side Items-----
Baked Beans, Cucumber Slices

23
Winter Break

NO SCHOOL

24
Winter Break

NO SCHOOL

27
Winter Break

NO SCHOOL

28
Winter Break

NO SCHOOL

29
Winter Break

NO SCHOOL

30
Winter Break

NO SCHOOL

31
Winter Break

NO SCHOOL

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

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