



McMurray Elementary Lunch

February 2023

Per the USDA, a reimbursable meal must include at least 3 components. Out of those 3 you must choose ½ cup of fruit and/or veggie.

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

6

Egg, Sausage, Cheese Bagel Melt
OR
Crispy Chicken Breast Sandwich
OR
Grilled Chicken, Feta Cheese, and Berry Salad
-----Side Items-----
Tater Tots
Seasonal Fresh Fruit

7

Italian Dunkers & Marinara Sauce*V
OR
Cheddar Cheese Oven-Fired Flatbread Melt*V
OR
Oven Roasted Turkey & Cheese Sub
-----Side Items-----
Sliced Carrots
Seasonal Fresh Fruit

8

Grilled Chicken Soft Tacos*SC
OR
100% Beef Hot Dog
OR
Muffin/String Cheese/Yogurt Pack
-----Side Items-----
Black Beans
Seasonal Fresh Fruit

9

Cheese Pizza
OR
100% Beef Cheeseburger
OR
Honey Ham & Cheese Oven-Fired Flatbread Kit
-----Side Items-----
Smiley Fries
Seasonal Fresh Fruit

10

Beef & Cheese Potato Bowl*SC
OR
Golden Crispy Chicken Nuggets with Breadstick
OR
Grilled Chicken Caesar Salad with Roll
-----Side Items-----
WG Soft Pretzel
Seasonal Fresh Fruit

13

French Toast & Turkey Sausage Links
OR
Breaded Chicken Boneless Wings
OR
Italian Style Sub
-----Side Items-----
Smiley Fries
Seasonal Fresh Fruit

14

Macaroni & Cheese with Breaded Fish Sticks*SC
OR
Honey Ham & Cheese Melt
OR
Oven-Fired Flatbread Pizza Kit*V
-----Side Items-----
Green Peas & Carrots
Seasonal Fresh Fruit

15

100% Ground Beef Nachos*SC
OR
Grilled Chicken Breast Sandwich
OR
Grilled Chicken Baja Salad
-----Side Items-----
Pinto Beans
Seasonal Fresh Fruit

16

Pizza Hut Pizza
OR
Mini Chicken Corn Dogs
OR
Hummus & Veggie Plate with Oven-Fired Flatbread*V
-----Side Items-----
Tater Tots
Seasonal Fresh Fruit

17

NO SCHOOL
Faculty Inservice

20

NO SCHOOL
President's Day

21

Philly Cheesesteak Sub
OR
Cheddar Cheese Oven-Fired Flatbread Melt*V
OR
Oven Roasted Turkey & Cheese Sub
-----Side Items-----
Sweet Corn
Seasonal Fresh Fruit

22

Cheese Quesadilla*V*SC
OR
Crispy Chicken Breast Sandwich
OR
Muffin/String Cheese/Yogurt Pack
-----Side Items-----
Black Beans
Seasonal Fresh Fruit

23

Italian Cheesy Pull-Apart*V
OR
100% Beef Bacon Cheeseburger
OR
Honey Ham & Cheese Oven-Fired Flatbread Kit
-----Side Items-----
Green Beans
Seasonal Fresh Fruit

24

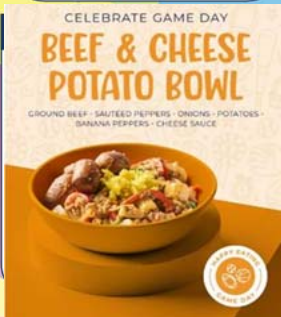
Pot Roast with Mashed Potatoes*SC
OR
Golden Crispy Chicken Nuggets with Breadstick
OR
Grilled Chicken Caesar Salad with Roll
-----Side Items-----
Garden Salad
Seasonal Fresh Fruit

27

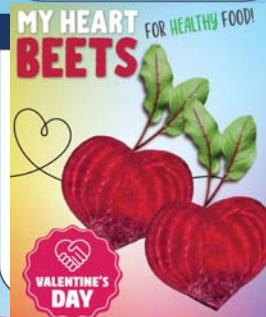
Cinnamon Breakfast Roll & Turkey Sausage Links
OR
Crispy Chicken Breast Sandwich
OR
Grilled Chicken, Feta Cheese, and Berry Salad
-----Side Items-----
Tater Tots
Seasonal Fresh Fruit

28

Breaded Chicken Parmesan over Spaghetti*SC
OR
American Grilled Cheese*V
OR
Oven Roasted Turkey & Cheese Sub
-----Side Items-----
Sliced Carrots
Seasonal Fresh Fruit



We are looking for Cafeteria Workers!
Please contact Food Service @ 724-941-6251 x 7226



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.

Offered Daily with Lunch Meal:

100% Juice, Skim White, Skim Chocolate and 1% White Milk

Cold Vegetable Choices Include:

Monday: Baby Carrots/Broccoli Florets
Tuesday: Broccoli Florets/ Red Pepper Strips
Wednesday: Baby Carrots/ Cucumbers
Thursday: Celery Sticks/ Grape Tomatoes
Friday: Baby Carrots/ Cucumbers

Daily Features Include:

Cheese Pizza
Fruit & Yogurt Parfaits
SunButter & Jelly Sandwich
Apples, Oranges & Bananas

Lunch Price: \$2.70

This institution is an equal opportunity provider.

***Gluten-Free meals available upon request.**

***SC - Made from scratch *V - Vegetarian**

For more detailed nutritional information, please visit: ptsdk12pa.nutrislice.com/menu

