



# McMurray Elementary Lunch

## May 2022

**2**

100% Beef Burger  
OR  
Flatbread Pizza Kit  
OR  
Chicken, Feta & Berry Salad & Breadstick

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

**3**

Macaroni & Cheese \*V \*SC  
OR  
Smoked Turkey Club  
OR  
Whole Grain Soft Pretzel, Cheese Stick & Yogurt Pack \*V

-----Side Items-----  
Green Beans, Baby Carrots

**4**

Cheddar Cheese Quesadilla \*V  
OR  
Smoked Turkey & Cheese Wrap  
OR  
Whole Grain Chocolate Chip Muffin, Cheese Stick & Yogurt Pack \*V

-----Side Items-----  
Pinto Beans, Cucumber Slices

**5**

**Pizza Hut** Cheese Pizza \*V  
OR  
Honey Ham, Smoked Turkey & Cheese Sandwich  
OR  
Honey Ham & Cheese Flatbread Kit

-----Side Items-----  
Green Peas, Grape Tomatoes

**6**

Sausage, Egg & Cheese Bagel Melt  
OR  
Blueberry Yogurt Parfait & Grahams\*V  
OR  
Grilled Chicken Caesar Salad & Breadstick

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

**9**

Cinnamon Breakfast Roll & Turkey Sausage Links  
OR  
Flatbread Pizza Kit  
OR  
Chicken, Feta & Berry Salad & Breadstick

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

**10**

American Grilled Cheese \*V  
OR  
Smoked Turkey Club  
OR  
Whole Grain Soft Pretzel, Cheese Stick & Yogurt Pack \*V

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

**11**

100% Beef Walking Taco \*SC  
OR  
Smoked Turkey & Cheese Wrap  
OR  
Whole Grain Chocolate Chip Muffin, Cheese Stick & Yogurt Pack \*V

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

**12**

Pepperoni Pizza  
OR  
Honey Ham, Smoked Turkey & Cheese Sandwich  
OR  
Honey Ham & Cheese Flatbread Kit

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

**13**

100% Beef Meatball Sub  
OR  
Blueberry Yogurt Parfait & Grahams \*V  
OR  
Grilled Chicken Caesar Salad & Breadstick

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

**16**

Waffles & Turkey Sausage Links  
OR  
Flatbread Pizza Kit  
OR  
Chicken, Feta & Berry Salad & Breadstick

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

**17**

Pasta w/ Marinara Sauce & 100% Beef Meatballs \*SC  
OR  
Smoked Turkey Club  
OR  
Whole Grain Soft Pretzel, Cheese Stick & Yogurt Pack \*V

-----Side Items-----  
Steamed Broccoli, Baby Carrots

**18**

100% Beef Nachos \*SC  
OR  
Smoked Turkey & Cheese Wrap  
OR  
Whole Grain Chocolate Chip Muffin, Cheese Stick & Yogurt Pack \*V

-----Side Items-----  
Pinto Beans, Cucumber Slices

**19**

**Pizza Hut** Cheese Pizza \*V  
OR  
Honey Ham, Smoked Turkey & Cheese Sandwich  
OR  
Honey Ham & Cheese Flatbread Kit

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

**20**

General Tso's Chicken & Brown Rice  
OR  
Berry Yogurt Parfait & Grahams\*V  
OR  
Grilled Chicken Caesar Salad & Breadstick

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

**23**

Apple Strudel & Turkey Sausage Links  
OR  
Flatbread Pizza Kit  
OR  
Chicken, Feta & Berry Salad & Breadstick

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

**24**

100% Beef Hot Dog  
OR  
Smoked Turkey Club  
OR  
Whole Grain Soft Pretzel, Cheese Stick & Yogurt Pack \*V

-----Side Items-----  
Tater Tots, Baby Carrots

**25**

Grilled Chicken Soft Tacos \*SC  
OR  
Smoked Turkey & Cheese Wrap  
OR  
Whole Grain Chocolate Chip Muffin, Cheese Stick & Yogurt Pack \*V

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

**26**

Cheese Stuffed Breadsticks & Marinara \*V  
OR  
Honey Ham, Smoked Turkey & Cheese Sandwich  
OR  
Honey Ham & Cheese Flatbread Kit

-----Side Items-----  
Steamed Carrots, Grape Tomatoes

**27**

Breaded Chicken Boneless Wings  
OR  
Berry Yogurt Parfait & Grahams\*V  
OR  
Grilled Chicken Caesar Salad & Breadstick

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

**30**

Memorial Day

NO SCHOOL

**31**

French Toast Sticks & Turkey Sausage Links  
OR  
Smoked Turkey Club  
OR  
Whole Grain Soft Pretzel, Cheese Stick & Yogurt Pack \*V

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

**Offered Daily:**  
Sun Butter & Jelly Sandwich \*V

Crispy Chicken Breast Sandwich

Seasonal Fresh Fruit and Vegetables

**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.**

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