



McMurray Elementary Lunch

May 2023

1 French Toast Sticks*V & Turkey Sausage Links OR Crispy Chicken Breast Sandwich OR Grilled Chicken, Feta Cheese, and Berry Salad -----Side Items----- Smiley Fries Seasonal Fresh Fruit	2 Philly Cheesesteak Sub OR Cheddar Cheese Oven-Fired Flatbread Melt*V OR Oven Roasted Turkey & Cheese Sub -----Side Items----- Sweet Corn Seasonal Fresh Fruit	3 Breaded Chicken & Waffle Nachos OR Crispy Chicken Breast Sandwich OR Muffin/String Cheese/Yogurt Pack -----Side Items----- Black Beans Seasonal Fresh Fruit	4 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	5 <u>School Lunch Hero Day</u> Cheese Quesadilla*V OR Golden Crispy Chicken Nuggets with Roll OR Make-Your-Own Pizza Bagel Kit*V -----Side Items----- Garden Salad Seasonal Fresh Fruit
8 Cinnamon Breakfast Roll*V & Turkey Sausage Links OR Crispy Chicken Breast Sandwich OR Grilled Chicken, Feta Cheese, and Berry Salad -----Side Items----- Tater Tots Seasonal Fresh Fruit	9 Breaded Chicken Parm over Spaghetti*SC OR American Grilled Cheese*V OR Oven Roasted Turkey & Cheese Sub -----Side Items----- Sliced Carrots Seasonal Fresh Fruit	10 Grilled Chicken & Gravy over a Biscuit OR 100% Beef Hot Dog OR Muffin/String Cheese/Yogurt Pack -----Side Items----- Mashed Potatoes Seasonal Fresh Fruit	11 BBQ McRib Sandwich OR 100% Beef Cheeseburger OR Honey Ham & Cheese Oven- Fired Flatbread Kit -----Side Items----- Baked Beans Seasonal Fresh Fruit	12 Cheese Stuffed Breadsticks & Marinara Sauce*V OR Golden Crispy Chicken Nuggets with Roll OR Grilled Chicken Caesar Salad with Roll -----Side Items----- Garden Salad Seasonal Fresh Fruit
15 Waffles*V & Turkey Sausage Links OR Breaded Chicken Boneless Wings OR Italian Style Sub -----Side Items----- Smiley Fries Seasonal Fresh Fruit	16 100% Beef Meatballs over Penne Pasta*SC OR Honey Ham & Cheese Melt OR Oven-Fired Flatbread Pizza Kit*V -----Side Items----- Green Peas & Carrots Seasonal Fresh Fruit	17 100% Beef Walking Taco*SC OR Grilled Chicken Breast Sandwich OR Grilled Chicken Baja Salad -----Side Items----- Pinto Beans Seasonal Fresh Fruit	18 Pizza Hut Pizza OR Mini Chicken Corn Dogs OR Hummus & Veggie Plate with Oven-Fired Flatbread*V -----Side Items----- Green Beans Seasonal Fresh Fruit	19 Pineapple Chicken Bowl*SC OR Crispy Chicken Breast Sandwich OR Make-Your-Own Pizza Bagel Kit*V -----Side Items----- Garden Salad Seasonal Fresh Fruit
22 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	23 Cheese Stuffed Breadsticks & Marinara Sauce*V OR Cheddar Cheese Oven-Fired Flatbread Melt*V OR Oven Roasted Turkey & Cheese Sub -----Side Items----- Sliced Carrots Seasonal Fresh Fruit	24 Grilled Chicken Soft Tacos OR 100% Beef Hot Dog OR Muffin/String Cheese/Yogurt Pack -----Side Items----- Black Beans Seasonal Fresh Fruit	25 Cheese Pizza*V OR 100% Beef Cheeseburger OR Honey Ham & Cheese Oven- Fired Flatbread Kit -----Side Items----- Smiley Fries Seasonal Fresh Fruit	26 General Tso's Chicken with Brown Rice OR Golden Crispy Chicken Nuggets with Roll OR Grilled Chicken Caesar Salad with Roll -----Side Items----- Steamed Broccoli Seasonal Fresh Fruit
29 NO SCHOOL Memorial Day	30 Macaroni & Cheese*V*SC With Breaded Fish Sticks OR Honey Ham & Cheese Melt OR Oven-Fired Flatbread Pizza Kit*V -----Side Items----- Green Peas & Carrots Seasonal Fresh Fruit	31 100% Beef Nachos*SC OR Grilled Chicken Breast Sandwich OR Grilled Chicken Baja Salad -----Side Items----- Pinto Beans Seasonal Fresh Fruit		

Please note new Sesame Flour Allergen Alert
 Two Companies have recently changed their recipes to include Sesame flour. This impacts our hamburger buns, hot dog buns, hoagie buns and flatbread. As well as the pizza dough at Middle School and High School.

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