

McMurray Elementary Lunch November 2021

	in dialr i lengs			
1	2	3	4	5
	French Toast Sticks & Turkey	Ground Beef Walking Taco *SC	Pepperoni Pizza	Golden Crispy Chicken Nugg
	Sausage Links	OR	OR	OR
Parent Conferences	OR	Smoked Turkey & Provolone Wrap	Honey Ham, Smoked Turkey &	Blueberry Yogurt Parfait &
	Spicy Honey Ham & Cheese Sub	OR	Cheddar Sandwich	Grahams *V
	OR	Oven Roasted Turkey Chef Salad	OR	OR
NO SCHOOL	Egg, Fruit & Cheese Pack with	& Dinner Roll	Hummus & Veggie Plate *V	Grilled Chicken Caesar Salad
	Crackers *V		Figurininus & veggie Figue v	Breadstick
				Side Items
	Side Items	Side Items	Side Items	Garden Salad, Baby Carrot
	Smiley Fries, Fresh Broccoli	Pinto Beans, Cucumber Slices	Tater Tots, Grape Tomatoes	Galdell Salad, Baby Callor
8	9	10	11	12
Cheese Stuffed Breadsticks &	Popcorn Chicken Mashed Potato	Cheddar Cheese Quesadilla *V	Pizza Hut Cheese Pizza *V	100% Beef Burger
Marinara *V	Bowl	OR	OR	OR
OR	OR	Smoked Turkey & Provolone Wrap	Honey Ham, Smoked Turkey &	Berry Yogurt Parfait &
Ranch Chicken Wrap	Spicy Honey Ham & Cheese Sub	OR	Cheddar Sandwich	Grahams *V
OR	OR	Oven Roasted Turkey Chef Salad	OR	OR
-		& Dinner Roll	Hummus & Veggie Plate with	
Chicken, Feta & Berry Salad &	Egg, Fruit & Cheese Pack with	& Dinner Roll		Grilled Chicken Caesar Salad
Breadstick	Crackers *V		Oven-Fired Flatbread *V	Breadstick
Side Items	Side Items	Side Items	Side Items	Side Items
Crinkle Cut Fries, Bell Peppers	Sweet Corn, Fresh Broccoli	Pinto Beans, Cucumber Slices	Green Peas, Grape Tomatoes	Spinach Salad, Baby Carro
15	16	17	18	19
Grilled Cheese *V	Fluffy Waffles &	Potato Wedge Chicken Nachos	Oven Roasted Turkey & Mashed	100% Beef Meatball Sub
OR	Cheddar Scrambled Eggs *V *SC	OR	Potatoes with Roll	OR
Ranch Chicken Wrap	OR	Smoked Turkey & Provolone Wrap	OR	Berry Yogurt Parfait &
OR	Spicy Honey Ham & Cheese Sub	OR	Honey Ham, Smoked Turkey &	Grahams *V
Chicken, Feta & Berry Salad &	OR	Oven Roasted Turkey Chef Salad	Cheddar Sandwich	OR
Breadstick	Egg, Fruit & Cheese Pack with	& Dinner Roll	OR	Grilled Chicken Caesar Sala
	Crackers *V		Hummus & Veggie Plate *V	Breadstick
Side Items	Side Items	Side Items	Side Items	
				Side Items
Crinkle Cut Fries, Bell Peppers	Smiley Fries, Fresh Broccoli	Black Beans, Cucumber Slices	Sweet Corn, Grape Tomatoes	Garden Salad, Baby Carrot
22	23	24	25	26
100% Beef Burger	Pasta Bar with Marinara/Alfredo &			
OR	Meatballs/Grilled Chicken	Inservice	Thenkegiving Preck	Thanksgiving Break
Ranch Chicken Wrap	OR		Thanksgiving Break	Thanksgiving bleak
OR	Spicy Honey Ham & Cheese Sub			
Chicken, Feta & Berry Salad &		NO SCHOOL	NO SCHOOL	NO SCHOOL
-	OR			
Breadstick	Egg, Fruit & Cheese Pack with			
	Crackers *V			
Side Items	Side Items			
Crinkle Cut Fries, Bell Peppers	Sweet Corn, Fresh Broccoli			
29	30	Bor the USDA o free m	al must include at least	
			eal must include at least	
100% Beef Hot Dog	Breaded Chicken Boneless		nose 3 you must choose	Offered Daily:
OR	Wings	¹ / ₂ cup of fruit	and/or veggie.	Sun Butter & Jelly
Ranch Chicken Wrap	OR			Sandwich *V
OR	Spicy Honey Ham & Cheese Sub	Components includ	e Grains, Meat/Meat	
Chicken, Feta & Berry Salad &	OR		, Fruit and Veggie.	Crispy Chicken Breast
Breadstick	Egg, Fruit & Cheese Pack with	Anternative, Dairy	, i run and veggie.	Sandwich
Dicadolicit				Canawion
Side Items	Crackers *V		arged a la carte if a	
	Side Items	reimbursable mea	al is not complete.	
Crinkle Cut Fries, Bell Peppers	Smiley Fries, Fresh Broccoli			
All chicken products offered are	e Tyson chicken raised with no antib	piotics ever	al is complimentary in the co	haalday
	s. No artificial ingredients. Whole gra		eal is complimentary in the sc	noor day.
	s. No artificial ingredients. Whole gra	Second Lun	ch Meal: \$2.30	
All deli meats offered are Smith	field Healthy Ones. No MSG or add	led hormones.	1	
No artificial flavors.			Offered Daily with Lunch Meal:	
		Assorted Fr	esh Seasonal Fruit & 100% Juic	e
*V = Vogotorion *CC = Model	rom Soratoh		Skim Chocolate and 1% White	
*V = Vegetarian *SC = Made t		Skill Wille,		
is institution is an equal opp		n-Free meals available upon re		aramark
	We are looking for Cafe <mark>teria W</mark> e	orkers! Please contact Food S	ervice @ 724-941-6251 x 7226	aramark

We are looking for Cafeteria Workers! Please contact Food Service @ 724-941-6251 x 7226 For more detailed nutritional information, please visit: ptsdk12pa.nutrislice.com/menu