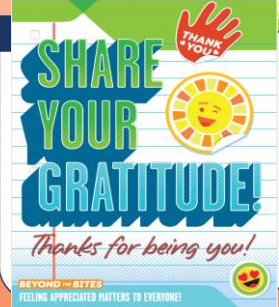





McMurray Elementary Lunch

November 2022



1
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

2
Cookie Monster's Birthday
100% Ground Beef Nachos
OR
Grilled Chicken Baja Salad

-----Side Items-----
Pinto Beans
Seasonal Fresh Fruit

3
Pizza Hut Cheese Pizza*V
OR
Mini Chicken Corn Dogs
OR
Hummus & Veggie Plate with Oven-Fired Flatbread*V
-----Side Items-----
Tater Tots
Seasonal Fresh Fruit

4
Grilled Chicken Ranch Club on Oven-Fired Flatbread
OR
Crispy Chicken Breast Sandwich
OR
Breaded Chicken and Cheese Snack Wrap
-----Side Items-----
Spinach Salad with Oranges
Seasonal Fresh Fruit

7
Waffles & Turkey Sausage Links
OR
Crispy Chicken Breast Sandwich
OR
Grilled Chicken, Feta Cheese, and Berry Salad
-----Side Items-----
Smiley Fries
Seasonal Fresh Fruit

8
Philly Cheesesteak Sub
OR
Cheddar Cheese Oven-Fired Flatbread Melt*V
OR
Oven Roasted Turkey & Cheese Sub
-----Side Items-----
Sweet Corn
Seasonal Fresh Fruit

9
100% Beef Sloppy Joe*SC
OR
Crispy Chicken Breast Sandwich
OR
Grilled Chicken Taco Salad
-----Side Items-----
Black Beans
Seasonal Fresh Fruit

10
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

11
Cheesy Quesadilla*V*SC
OR
Golden Crispy Chicken Nuggets with Breadstick
OR
Grilled Chicken Caesar Salad with Roll
-----Side Items-----
Garden Salad
Seasonal Fresh Fruit

14
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

15
Breaded Chicken Parmesan over Spaghetti*SC
OR
American Grilled Cheese*V
OR
Oven Roasted Turkey & Cheese Sub
-----Side Items-----
Sliced Carrots
Seasonal Fresh Fruit

16
Grilled Chicken & Gravy over a Biscuit
OR
100% Beef Hot Dog
OR
Grilled Chicken Taco Salad
-----Side Items-----
Mashed Potatoes
Seasonal Fresh Fruit

17
BBQ Pork McRib Sandwich
OR
100% Beef Cheeseburger
OR
Honey Ham & Cheese Oven-Fired Flatbread Kit
-----Side Items-----
Baked Beans
Seasonal Fresh Fruit

18
Cheese Stuffed Breadsticks & Marinara Sauce*V
OR
Golden Crispy Chicken Nuggets with Breadstick
OR
Grilled Chicken Caesar Salad with Roll
-----Side Items-----
Spinach Salad with Oranges
Seasonal Fresh Fruit

21
French Toast Sticks & Turkey Sausage Links
OR
Breaded Chicken Boneless Wings
OR
Italian Style Sub
-----Side Items-----
Smiley Fries
Seasonal Fresh Fruit

22
100% Beef Meatballs over Penne Pasta
OR
Honey Ham & Cheese Melt
OR
Oven-Fired Flatbread Pizza Kit*V
-----Side Items-----
Green Peas & Carrots
Seasonal Fresh Fruit

23
NO SCHOOL
Inservice

24
NO SCHOOL
Thanksgiving Break


25
NO SCHOOL
Thanksgiving Break

28
NO SCHOOL
Thanksgiving Break

29
Italian Dunkers & Marinara Sauce*V
OR
Cheddar Cheese Oven-Fired Flatbread*V
OR
Oven Roasted Turkey & Cheese Sub
-----Side Items-----
Sliced Carrots
Seasonal Fresh Fruit

30
Grilled Chicken Soft Tacos*SC
OR
100% Beef Hot Dog
OR
Grilled Chicken Taco Salad
-----Side Items-----
Black Beans
Seasonal Fresh Fruit

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

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.

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

