



McMurray Lunch Menu

November 2020

<p>2</p> <p>Italian Hoagie</p> <p>Baby Carrots Broccoli Florets Mandarin Oranges</p> <hr/> <p>100% Fruit Juice Fat Free Milk</p>	<p>3</p> <p>Walking Taco</p> <p>Black Beans Red Pepper Strips Diced Pears</p> <hr/> <p>100% Fruit Juice Fat Free Milk</p>	<p>4</p> <p>Waffles & Yogurt</p> <p>Sliced Cucumber Baby Carrots Pineapple Tidbits</p> <hr/> <p>100% Fruit Juice Fat Free Milk</p>	<p>5</p> <p>Pizza Hut Pizza</p> <p>Green Beans Grape Tomatoes Diced Peaches</p> <hr/> <p>100% Fruit Juice Fat Free Milk</p>	<p>6</p> <p>Flatbread Pizza Kit</p> <p>Baby Carrots Sliced Cucumbers Apple Slices</p> <hr/> <p>100% Fruit Juice Fat Free Milk</p>
<p>9</p> <p>Breakfast Muffin Pack</p> <p>Baby Carrots Broccoli Florets Fruit Cocktail</p> <hr/> <p>100% Fruit Juice Fat Free Milk</p>	<p>10</p> <p>Mini Corn Dogs</p> <p>Baked Beans Red Pepper Strips Diced Pears</p> <hr/> <p>100% Fruit Juice Fat Free Milk</p>	<p>11</p> <p>French Toast & Yogurt</p> <p>Sliced Cucumber Baby Carrots Pineapple Tidbits</p> <hr/> <p>100% Fruit Juice Fat Free Milk</p>	<p>12</p> <p>Cheese Pizza</p> <p>Smiley Fries Grape Tomatoes Diced Peaches</p> <hr/> <p>100% Fruit Juice Fat Free Milk</p>	<p>13</p> <p>Popcorn Chicken/Roll</p> <p>Baby Carrots Steamed Broccoli Applesauce</p> <hr/> <p>100% Fruit Juice Fat Free Milk</p>
<p>16</p> <p>Turkey Hoagie</p> <p>Baby Carrots Broccoli Florets Fruit Cocktail</p> <hr/> <p>100% Fruit Juice Fat Free Milk</p>	<p>17</p> <p>Chicken Nuggets/Roll</p> <p>Green Peas Red Pepper Strips Diced Pears</p> <hr/> <p>100% Fruit Juice Fat Free Milk</p>	<p>18</p> <p>Pancakes & Yogurt</p> <p>Sliced Cucumber Baby Carrots Pineapple Tidbits</p> <hr/> <p>100% Fruit Juice Fat Free Milk</p>	<p>19</p> <p>Cheese Pizza</p> <p>Smiley Fries Grape Tomatoes Diced Peaches</p> <hr/> <p>100% Fruit Juice Fat Free Milk</p>	<p>20</p> <p>Breaded Drumstick/Roll</p> <p>Mashed Potatoes Baby Carrots Applesauce</p> <hr/> <p>100% Fruit Juice Fat Free Milk</p>
<p>23</p> <p>Ham Hoagie</p> <p>Baby Carrots Broccoli Florets Mandarin Oranges</p> <hr/> <p>100% Fruit Juice Fat Free Milk</p>	<p>24</p> <p>Chicken Patty Sandwich</p> <p>Baked Beans Red Pepper Strips Diced Pears</p> <hr/> <p>100% Fruit Juice Fat Free Milk</p>	<p>25</p> <p>No School</p>	<p>26</p> <p>No School</p>	<p>27</p> <p>No School</p>
<p>30</p> <p>No School</p>			<p>Just a reminder: Nutrislice Online Ordering is only for the Middle School & High School.</p>	<p>If your child chooses to participate in the lunch program, they simply tell their teacher in the morning during attendance.</p>

Yummy Recipe of the Month: Berry Blast Smoothie!

- 2 Cups loosely packed baby spinach
- 2 Cups frozen mixed berries
- 1 Cup plain Greek yogurt
- 1 Cup low-fat milk
- 1 Tablespoon honey

Ask an adult to help you blend it all together and you've got a sweet, healthy treat!

This year, there is such a thing as
FREE LUNCH
 FOR ALL STUDENTS #eatwellk12

This institution is an equal opportunity provider.

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

Offering a limited menu while we deliver
 lunch to the classroom.

