



# McMurray Lunch Menu

## October 2020

**Just a reminder:  
Nutrislice Online  
Ordering is only  
for the Middle  
School & High  
School.**

**If your child  
chooses to  
participate in the  
lunch program,  
they simply tell  
their teacher in the  
morning during  
attendance.**

**1**  
**Pizza Hut Pizza**  
Green Beans  
Grape Tomatoes  
Apple Slices  
100% Fruit Juice  
Fat Free Milk

**2**  
**Flatbread Pizza Kit**  
Baby Carrots  
Sliced Cucumbers  
Diced Peaches  
100% Fruit Juice  
Fat Free Milk

**5**  
**Breakfast Muffin Pack**  
Baby Carrots  
Broccoli Florets  
Fruit Cocktail  
100% Fruit Juice  
Fat Free Milk

**6**  
**Mini Corn Dogs**  
Baked Beans  
Red Pepper Strips  
Diced Pears  
100% Fruit Juice  
Fat Free Milk

**7**  
**French Toast & Yogurt**  
Sliced Cucumber  
Baby Carrots  
Strawberries  
100% Fruit Juice  
Fat Free Milk

**8**  
**Cheese Pizza**  
Smiley Fries  
Grape Tomatoes  
Applesauce  
100% Fruit Juice  
Fat Free Milk

**9**  
**Popcorn Chicken/Roll**  
Baby Carrots  
Steamed Broccoli  
Diced Peaches  
100% Fruit Juice  
Fat Free Milk

**12**  
**Turkey Hoagie**  
Baby Carrots  
Broccoli Florets  
Fruit Cocktail  
100% Fruit Juice  
Fat Free Milk

**13**  
**Chicken Nuggets/Roll**  
Green Peas  
Red Pepper Strips  
Diced Pears  
100% Fruit Juice  
Fat Free Milk

**14**  
**Pancakes & Yogurt**  
Sliced Cucumber  
Baby Carrots  
Strawberries  
100% Fruit Juice  
Fat Free Milk

**15**  
**Cheese Pizza**  
Smiley Fries  
Grape Tomatoes  
Applesauce  
100% Fruit Juice  
Fat Free Milk

**16**  
**Flatbread Pizza Kit**  
Baby Carrots  
Sliced Cucumber  
Diced Peaches  
100% Fruit Juice  
Fat Free Milk

**19**  
**Ham Hoagie**  
Baby Carrots  
Broccoli Florets  
Mandarin Oranges  
100% Fruit Juice  
Fat Free Milk

**20**  
**Chicken Patty Sandwich**  
Baked Beans  
Red Pepper Strips  
Diced Pears  
100% Fruit Juice  
Fat Free Milk

**21**  
**Waffles & Yogurt**  
Sliced Cucumber  
Hash Brown  
Strawberries  
100% Fruit Juice  
Fat Free Milk

**22**  
**No School**

**23**  
**No School**

**26**  
**Santé Fe Turkey Wrap**  
Baby Carrots  
Broccoli Florets  
Fruit Cocktail  
100% Fruit Juice  
Fat Free Milk

**27**  
**Hot Dog**  
Seasoned Corn  
Red Pepper Strips  
Diced Pears  
100% Fruit Juice  
Fat Free Milk

**28**  
**Pancakes & Yogurt**  
Sliced Cucumber  
Baby Carrots  
Strawberries  
100% Fruit Juice  
Fat Free Milk

**29**  
**Cheese Pizza**  
Smiley Fries  
Grape Tomatoes  
Applesauce  
100% Fruit Juice  
Fat Free Milk

**30**  
**Grilled Cheese**  
Baby Carrots  
Sliced Cucumbers  
Diced Peaches  
100% Fruit Juice  
Fat Free Milk

**Yummy Recipe of the Month: Cheese Kabobs!**

- 1 Fresh Apple
- 3-5 Low Fat Cheese Cubes
- Whole Grain Pretzel Sticks

Using your pretzels as a skewer, make a kabob! Cut the apple into bite sized squares and make small holes in the middle of each slice. In the same way, make small holes in each cheese cube. Put a cheese and apple slice on each pretzel stick and enjoy!



This institution is an equal opportunity provider.

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

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