



McMurray Elementary Lunch

April 2023

3 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

4 Sliced Honey Ham*SC with Dinner Roll
OR
American Grilled Cheese*V
OR
Oven Roasted Turkey & Cheese Sub
-----Side Items-----
Scalloped Potatoes*SC
Seasonal Fresh Fruit

5 Grilled Chicken Fajitas with Roasted Veggies*SC
OR
100% Beef Hot Dog
OR
Muffin/String Cheese/Yogurt Pack
-----Side Items-----
Green Peas
Seasonal Fresh Fruit

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

7
NO SCHOOL
Spring Break

10
NO SCHOOL
Spring Break

11
NO SCHOOL
Spring Break

12
NO SCHOOL
Spring Break

13
NO SCHOOL
Spring Break

14
NO SCHOOL
Spring Break

17 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

18 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

19 Grilled Chicken Soft Tacos
OR
100% Beef Hot Dog
OR
Muffin/String Cheese/Yogurt Pack
-----Side Items-----
Black Beans
Seasonal Fresh Fruit

20 Cheese Pizza*V
OR
100% Beef Cheeseburger
OR
Honey Ham & Cheese Oven-Fired Flatbread Kit
-----Side Items-----
Smiley Fries
Seasonal Fresh Fruit

21 Asian Chicken Salad *SC
OR
Golden Crispy Chicken Nuggets with Roll
OR
Make-Your-Own Pizza Bagel Kit*V
-----Side Items-----
Garden Salad
Seasonal Fresh Fruit

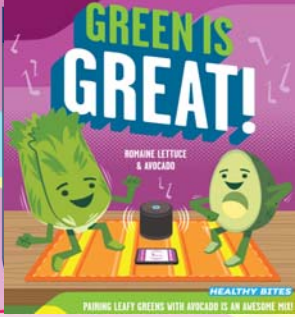
24 French Toast & Turkey Sausage Links
OR
Breaded Chicken Boneless Wings
OR
Italian Style Sub
-----Side Items-----
Smiley Fries
Seasonal Fresh Fruit

25 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

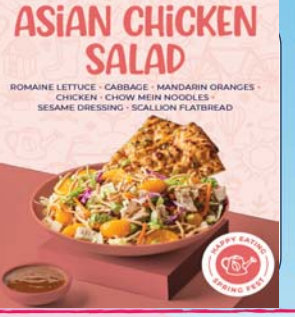
26 100% Ground Beef Nachos*SC
OR
Grilled Chicken Breast Sandwich
OR
Grilled Chicken Baja Salad
-----Side Items-----
Pinto Beans
Seasonal Fresh Fruit

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

28 Grilled Chicken Ranch Club on Oven-Fired Flatbread
OR
Crispy Chicken Breast Sandwich
OR
Grilled Chicken Caesar Salad with Roll
-----Side Items-----
Garden Salad
Seasonal Fresh Fruit



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



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