



# McMurray Elementary Lunch

## January 2022

**3**  
100% Beef Hot Dog  
OR  
Flatbread Pizza Kit  
OR  
Chicken, Feta & Berry Salad & Breadstick  
-----Side Items-----  
Crinkle Cut Fries, Bell Peppers

**4**  
Apple Strudel & Turkey Sausage Links  
OR  
Smoked Turkey Club  
OR  
Egg, Fruit & Cheese Pack with Crackers \*V  
-----Side Items-----  
Smiley Fries, Baby Carrots

**5**  
Grilled Chicken Soft Tacos \*SC  
OR  
Tuna Salad Sandwich \*SC  
OR  
Oven Roasted Turkey Chef Salad & Dinner Roll  
-----Side Items-----  
Baked Beans, Cucumber Slices

**6**  
Cheese Stuffed Breadsticks & Marinara \*V  
OR  
Honey Ham, Smoked Turkey & Cheddar Sandwich  
OR  
Hummus & Veggie Plate \*V  
-----Side Items-----  
Steamed Broccoli, Grape Tomatoes

**7**  
Breaded Chicken Boneless Wings  
OR  
Blueberry Yogurt Parfait & Grahams \*V  
OR  
Grilled Chicken Caesar Salad & Breadstick  
-----Side Items-----  
Garden Salad, Baby Carrots

**10**  
Macaroni & Cheese \*V \*SC  
OR  
Flatbread Pizza Kit  
OR  
Chicken, Feta & Berry Salad & Breadstick  
-----Side Items-----  
Green Beans, Bell Peppers

**11**  
Waffles & Turkey Sausage Links  
OR  
Smoked Turkey Club  
OR  
Egg, Fruit & Cheese Pack with Crackers \*V  
-----Side Items-----  
Smiley Fries, Baby Carrots

**12**  
Ground Beef Walking Taco \*SC  
OR  
Tuna Salad Sandwich \*SC  
OR  
Oven Roasted Turkey Chef Salad & Dinner Roll  
-----Side Items-----  
Baked Beans, Cucumber Slices

**13**  
Pepperoni Pizza  
OR  
Honey Ham, Smoked Turkey & Cheddar Sandwich  
OR  
Hummus & Veggie Plate \*V  
-----Side Items-----  
Garden Salad, Grape Tomatoes

**14**  
  
Clerical Day  
  
NO SCHOOL

**17**  
  
Martin Luther King Jr. Day  
  
NO SCHOOL

**18**  
Sloppy Joes \*SC  
OR  
Smoked Turkey Club  
OR  
Egg, Fruit & Cheese Pack with Crackers \*V  
-----Side Items-----  
Smiley Fries, Baby Carrots

**19**  
Cheddar Cheese Quesadilla \*V  
OR  
Tuna Salad Sandwich \*SC  
OR  
Oven Roasted Turkey Chef Salad & Dinner Roll  
-----Side Items-----  
Mexican Street Corn, Cucumber Slices

**20**  
*Pizza Hut* Cheese Pizza \*V  
OR  
Honey Ham, Smoked Turkey & Cheddar Sandwich  
OR  
Hummus & Veggie Plate with Oven-Fired Flatbread \*V  
-----Side Items-----  
Green Peas, Grape Tomatoes

**21**  
100% Beef Burger  
OR  
Berry Yogurt Parfait & Grahams\*V  
OR  
Grilled Chicken Caesar Salad & Breadstick  
-----Side Items-----  
Crinkle Cut Fries, Baby Carrots

**24**  
Grilled Cheese \*V  
OR  
Flatbread Pizza Kit  
OR  
Chicken, Feta & Berry Salad & Breadstick  
-----Side Items-----  
Steamed Carrots, Bell Peppers

**25**  
Cinnamon Breakfast Roll & Cheddar Scrambled Eggs \*V  
OR  
Smoked Turkey Club  
OR  
Egg, Fruit & Cheese Pack with Crackers \*V  
-----Side Items-----  
Smiley Fries, Baby Carrots

**26**  
Potato Wedge Chicken Nachos  
OR  
Tuna Salad Sandwich  
OR  
Oven Roasted Turkey Chef Salad & Dinner Roll  
-----Side Items-----  
Baked Beans, Cucumber Slices

**27**  
Pepperoni Pizza  
OR  
Honey Ham, Smoked Turkey & Cheddar Sandwich  
OR  
Hummus & Veggie Plate \*V  
-----Side Items-----  
Tater Tots, Grape Tomatoes

**28**  
100% Beef Meatball Sub  
OR  
Berry Yogurt Parfait & Grahams\*V  
OR  
Grilled Chicken Caesar Salad & Breadstick  
-----Side Items-----  
Garden Salad, Baby Carrots

**31**  
Golden Crispy Chicken Tenders with Waffles  
OR  
Flatbread Pizza Kit  
OR  
Chicken, Feta & Berry Salad & Breadstick  
-----Side Items-----  
Crinkle Cut Fries, Bell Peppers

**31**

**31**

**Offered Daily:**  
Sun Butter & Jelly Sandwich \*V  
  
Crispy Chicken Breast Sandwich

**Per the USDA, a free 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.  
  
\*V = Vegetarian \*SC = Made from Scratch

**A Lunch Meal is complimentary in the school day.**  
Second Lunch Meal: \$2.30  
  
**Offered Daily with Lunch Meal:**  
Assorted Fresh Seasonal Fruit & 100% Juice  
Skim White, Skim Chocolate and 1% White Milk