



# McMurray Elementary Lunch

## November 2021

**1**

Parent Conferences

NO SCHOOL

**2**

French Toast Sticks & Turkey Sausage Links  
OR  
Spicy Honey Ham & Cheese Sub  
OR  
Egg, Fruit & Cheese Pack with Crackers \*V  
-----Side Items-----  
Smiley Fries, Fresh Broccoli

**3**

Ground Beef Walking Taco \*SC  
OR  
Smoked Turkey & Provolone Wrap  
OR  
Oven Roasted Turkey Chef Salad & Dinner Roll  
-----Side Items-----  
Pinto Beans, Cucumber Slices

**4**

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

**5**

Golden Crispy Chicken Nuggets  
OR  
Blueberry Yogurt Parfait & Grahams \*V  
OR  
Grilled Chicken Caesar Salad & Breadstick  
-----Side Items-----  
Garden Salad, Baby Carrots

**8**

Cheese Stuffed Breadsticks & Marinara \*V  
OR  
Ranch Chicken Wrap  
OR  
Chicken, Feta & Berry Salad & Breadstick  
-----Side Items-----  
Crinkle Cut Fries, Bell Peppers

**9**

Popcorn Chicken Mashed Potato Bowl  
OR  
Spicy Honey Ham & Cheese Sub  
OR  
Egg, Fruit & Cheese Pack with Crackers \*V  
-----Side Items-----  
Sweet Corn, Fresh Broccoli

**10**

Cheddar Cheese Quesadilla \*V  
OR  
Smoked Turkey & Provolone Wrap  
OR  
Oven Roasted Turkey Chef Salad & Dinner Roll  
-----Side Items-----  
Pinto Beans, Cucumber Slices

**11**

**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

**12**

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

**15**

Grilled Cheese \*V  
OR  
Ranch Chicken Wrap  
OR  
Chicken, Feta & Berry Salad & Breadstick  
-----Side Items-----  
Crinkle Cut Fries, Bell Peppers

**16**

Fluffy Waffles & Cheddar Scrambled Eggs \*V \*SC  
OR  
Spicy Honey Ham & Cheese Sub  
OR  
Egg, Fruit & Cheese Pack with Crackers \*V  
-----Side Items-----  
Smiley Fries, Fresh Broccoli

**17**

Potato Wedge Chicken Nachos  
OR  
Smoked Turkey & Provolone Wrap  
OR  
Oven Roasted Turkey Chef Salad & Dinner Roll  
-----Side Items-----  
Black Beans, Cucumber Slices

**18**



Oven Roasted Turkey & Mashed Potatoes with Roll  
OR  
Honey Ham, Smoked Turkey & Cheddar Sandwich  
OR  
Hummus & Veggie Plate \*V  
-----Side Items-----  
Sweet Corn, Grape Tomatoes

**19**

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

**22**

100% Beef Burger  
OR  
Ranch Chicken Wrap  
OR  
Chicken, Feta & Berry Salad & Breadstick  
-----Side Items-----  
Crinkle Cut Fries, Bell Peppers

**23**

Pasta Bar with Marinara/Alfredo & Meatballs/Grilled Chicken  
OR  
Spicy Honey Ham & Cheese Sub  
OR  
Egg, Fruit & Cheese Pack with Crackers \*V  
-----Side Items-----  
Sweet Corn, Fresh Broccoli

**24**

Inservice

NO SCHOOL

**25**

Thanksgiving Break

NO SCHOOL

**26**

Thanksgiving Break

NO SCHOOL

**29**

100% Beef Hot Dog  
OR  
Ranch Chicken Wrap  
OR  
Chicken, Feta & Berry Salad & Breadstick  
-----Side Items-----  
Crinkle Cut Fries, Bell Peppers

**30**

Breaded Chicken Boneless Wings  
OR  
Spicy Honey Ham & Cheese Sub  
OR  
Egg, Fruit & Cheese Pack with Crackers \*V  
-----Side Items-----  
Smiley Fries, Fresh Broccoli

**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.**

**Students will be charged a la carte if a reimbursable meal is not complete.**

**Offered Daily:**

Sun Butter & Jelly Sandwich \*V

Crispy Chicken Breast Sandwich

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