



McMurray Elementary Lunch

October 2021

Offered Daily:

SunButter & Jelly Sandwich *V

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

4

100% Beef Burger
OR
Veggie Hummus Wrap *V
OR
Chicken, Feta & Berry Salad & Breadstick

-----Side Items-----
Crinkle Cut Fries, Bell Peppers

5

Popcorn Chicken Mashed Potato Bowl
OR
Honey Ham & Swiss Sub
OR
Egg, Fruit & Cheese Pack with Crackers *V

-----Side Items-----
Sweet Corn, Fresh Broccoli

6

Cheddar Cheese Quesadilla *V
OR
Smoked Turkey & Provolone Wrap
OR
Oven Roasted Turkey Chef Salad & Dinner Roll

-----Side Items-----
Pinto Beans, Cucumber Slices

7

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

8

Cheese Stuffed Breadsticks & Marinara *V
OR
Berry Yogurt Parfait & Grahams *V
OR
Grilled Chicken Caesar Salad

-----Side Items-----
Spinach Salad, Baby Carrots

11

Grilled Cheese *V
OR
Veggie Hummus Wrap *V
OR
Chicken, Feta & Berry Salad & Breadstick

-----Side Items-----
Crinkle Cut Fries, Bell Peppers

12

Golden Crispy Chicken Tenders
OR
Honey Ham & Swiss Sub
OR
Egg, Fruit & Cheese Pack with Crackers *V

-----Side Items-----
Smiley Fries, Fresh Broccoli

13

Bean & Cheese Mexican Spiced Rice Bowl *V
OR
Smoked Turkey & Provolone Wrap
OR
Oven Roasted Turkey Chef Salad & Dinner Roll

-----Side Items-----
Black Beans, Cucumber Slices

14

Fluffy Waffles & Cheddar Scrambled Eggs *V *SC
OR
Honey Ham, Smoked Turkey & Cheddar Sandwich
OR
Hummus & Veggie Plate *V

-----Side Items-----
Tater Tots, Grape Tomatoes

15

Pepperoni Pizza
OR
Berry Yogurt Parfait & Grahams *V
OR
Grilled Chicken Caesar Salad & Breadstick

-----Side Items-----
Garden Salad, Baby Carrots

18

100% Beef Burger
OR
Veggie Hummus Wrap *V
OR
Chicken, Feta & Berry Salad & Breadstick

-----Side Items-----
Crinkle Cut Fries, Bell Peppers

19

Honey Mustard Grilled Chicken Melt
OR
Honey Ham & Swiss Sub
OR
Egg, Fruit & Cheese Pack with Crackers *V

-----Side Items-----
Sweet Corn, Fresh Broccoli

20

Beef & Kickin' Bean Nachos *SC
OR
Smoked Turkey & Provolone Wrap
OR
Oven Roasted Turkey Chef Salad & Dinner Roll

-----Side Items-----
Pinto Beans, Cucumber Slices

21

Pizza Hut Cheese Pizza *V
OR
Honey Ham, Smoked Turkey & Cheddar Sandwich
OR
Hummus & Veggie Plate with Oven-Fired Flatbread *V

-----Side Items-----
Green Beans, Grape Tomatoes

22

Teriyaki Chicken & Veggies over Brown Rice
OR
Berry Yogurt Parfait & Grahams *V
OR
Grilled Chicken Caesar Salad

-----Side Items-----
Spinach Salad, Baby Carrots

25

100% Beef Hot Dog
OR
Veggie Hummus Wrap
OR
Chicken, Feta & Berry Salad & Breadstick

-----Side Items-----
Crinkle Cut Fries, Bell Peppers

26

Breaded Chicken Boneless Wings
OR
Honey Ham & Swiss Sub
OR
Egg, Fruit & Cheese Pack with Crackers *V

-----Side Items-----
Smiley Fries, Fresh Broccoli

27

Ground Beef Soft Tacos *SC
OR
Smoked Turkey & Provolone Wrap
OR
Oven Roasted Turkey Chef Salad & Dinner Roll

-----Side Items-----
Black Beans, Cucumber Slices

28

Pancakes & Turkey Sausage Links
OR
Honey Ham, Smoked Turkey & Cheddar Sandwich
OR
Hummus & Veggie Plate *V

-----Side Items-----
Tater Tots, Grape Tomatoes

29

Inservice/Clerical

NO 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.

*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