



McMurray Elementary Lunch

October 2022

3 French Toast Sticks & Turkey Sausage Links
OR
Crispy Chicken Breast Sandwich
OR
Grilled Chicken, Feta Cheese, and Berry Salad
-----Side Items-----
Smiley Fries
Seasonal Fresh Fruit

4 Crispy Chicken Lo Mein Bowl*SC
OR
Cheddar Cheese Oven-Fired Flatbread Melt*V
OR
Oven Roasted Turkey & Cheese Sub
-----Side Items-----
Sweet Corn
Seasonal Fresh Fruit

5 Southwest Breaded Chicken Salad Bowl with Sante Fe Rice*SC
OR
Crispy Chicken Breast Sandwich
OR
Grilled Chicken Taco Salad
-----Side Items-----
Black Beans
Seasonal Fresh Fruit

6 Italian Cheesy Pull-Apart*V
OR
100% Beef Bacon Cheeseburger
OR
Honey Ham & Cheese Oven-Fired Flatbread Kit
-----Side Items-----
Green Beans
Seasonal Fresh Fruit

7 Cheese Quesadilla*V
OR
Golden Crispy Chicken Nuggets with Breadstick
OR
Grilled Chicken Caesar Salad with Roll
-----Side Items-----
Garden Salad
Seasonal Fresh Fruit

10 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

11 Breaded Chicken Parmesan over Spaghetti*SC
OR
American Grilled Cheese*V
OR
Oven Roasted Turkey & Cheese Sub
-----Side Items-----
Sliced Carrots
Seasonal Fresh Fruit

12 100% Beef Taco Totcho Bowl*SC
OR
100% Beef Hot Dog
OR
Grilled Chicken Taco Salad
-----Side Items-----
Green Peas
Seasonal Fresh Fruit

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

14 Breaded Chicken Parmesan over Spaghetti*SC
OR
Golden Crispy Chicken Nuggets with Breadstick
OR
Grilled Chicken Caesar Salad with Roll
-----Side Items-----
Spinach Salad with Oranges
Seasonal Fresh Fruit

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

18 100% Beef Meatballs over Penne Pasta*SC
OR
Honey Ham & Cheese Melt
OR
Oven-Fired Flatbread Pizza Kit*V
-----Side Items-----
Green Peas & Carrots
Seasonal Fresh Fruit

19 100% Ground Beef Walking Taco*SC
OR
Grilled Chicken Breast Sandwich
OR
Grilled Chicken Baja Salad
-----Side Items-----
Pinto Beans
Seasonal Fresh Fruit

20 **Pizza Hut Cheese Pizza*V**
OR
Mini Chicken Corn Dogs
OR
Hummus & Veggie Plate with Oven-Fired Flatbread
-----Side Items-----
Green Beans
Seasonal Fresh Fruit

21 Breaded Chicken Mashed Potato Bowl with Breadstick
OR
Crispy Chicken Breast Sandwich
OR
Breaded Chicken and Cheese Snack Wraps
-----Side Items-----
Garden Salad
Seasonal Fresh Fruit

24 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

25 BBQ Chicken Macaroni & Cheese*SC
OR
Cheddar Cheese Oven-Fired Flatbread
OR
Oven Roasted Turkey & Cheese Sub
-----Side Items-----
Sliced Carrots
Seasonal Fresh Fruit

26 Grilled Chicken Soft Tacos*SC
OR
100% Beef Hot Dog
OR
Grilled Chicken Taco Salad
-----Side Items-----
Black Beans
Seasonal Fresh Fruit

27
NO SCHOOL
Parent Conferences

28
NO SCHOOL
Inservice/Clerical

31 Happy Halloween
Apple Strudel & Turkey Sausage Links
OR
Breaded Chicken Boneless Wings
OR
Italian Style Sub
-----Side Items-----
Smiley Fries
Seasonal Fresh Fruit



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

Per the USDA, a reimbursable 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.
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:
Crispy Chicken Breast Sandwich
Fruit & Yogurt Parfaits
SunButter & Jelly Sandwich
Apples, Oranges & Bananas
Lunch Price: \$2.70

