



McMurray Elementary Lunch

September 2022

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.

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

IT'S ACE'S BIRTHDAY LET'S CELEBRATE!



5
NO SCHOOL
Labor Day

6
 Breaded Chicken Parmesan over Spaghetti*SC
 OR
 American Grilled Cheese*V
 OR
 Oven Roasted Turkey & Cheese Sub
 -----Side Items-----
 Sliced Carrots
 Seasonal Fresh Fruit

7
 Pepper Steak Stir Fry*SC
 OR
 100% Beef Hot Dog
 OR
 Grilled Chicken Taco Salad
 -----Side Items-----
 Green Peas
 Seasonal Fresh Fruit

8
 BBQ Pork McRib Sandwich
 OR
 100% Beef Cheeseburger
 OR
 Honey Ham & Cheese Oven-Fired Flatbread Kit
 -----Side Items-----
 Baked Beans
 Seasonal Fresh Fruit

9
 Cheese Stuffed Breadsticks & Marinara Sauce*V
 OR
 Golden Crispy Chicken Nuggets with Breadstick
 OR
 Grilled Chicken Caesar Salad with Roll
 -----Side Items-----
 Spinach Salad with Oranges
 Seasonal Fresh Fruit

12
 Waffles & Turkey Sausage Links
 OR
 Breaded Chicken Boneless Wings
 OR
 Italian Style Sub
 -----Side Items-----
 Smiley Fries
 Seasonal Fresh Fruit

13
 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

14
 100% Ground Beef Walking Taco*SC
 OR
 Grilled Chicken Breast Sandwich
 OR
 Grilled Chicken Baja Salad
 -----Side Items-----
 Pinto Beans
 Seasonal Fresh Fruit

15
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

16
 Breaded Chicken Mashed Potato Bowl with Breadstick
 OR
 Crispy Chicken Breast Sandwich
 OR
 Breaded Chicken & Cheese Snack Wrap
 -----Side Items-----
 Garden Salad
 Seasonal Fresh Fruit

19
 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

20
 BBQ Chicken Macaroni & Cheese*SC
 OR
 Cheddar Cheese Oven-Fired Flatbread
 OR
 Oven Roasted Turkey & Cheese Sub
 -----Side Items-----
 Sliced Carrots
 Seasonal Fresh Fruit

21
Ace's Birthday!
 Grilled Chicken
 Soft Tacos*SC
 OR
 100% Beef Hot Dog
 OR
 Grilled Chicken Taco Salad
 -----Side Items-----
 Black Beans
 Seasonal Fresh Fruit

22
 Chicken Parmesan
 Oven-Fired Flatbread
 OR
 100% Beef Cheeseburger
 OR
 Honey Ham & Cheese Oven-Fired Flatbread Kit
 -----Side Items-----
 Smiley Fries
 Seasonal Fresh Fruit

23
 General Tso's Chicken with Brown Rice
 OR
 Golden Crispy Chicken Nuggets with Breadstick
 OR
 Grilled Chicken Caesar Salad with Roll
 -----Side Items-----
 Steamed Broccoli
 Seasonal Fresh Fruit

26
 Apple Strudel & Turkey Sausage Links
 OR
 Breaded Chicken Boneless Wings
 OR
 Italian Style Sub
 -----Side Items-----
 Smiley Fries
 Seasonal Fresh Fruit

27
 Macaroni & Cheese with Breaded Fish Sticks*SC
 OR
 Honey Ham & Cheese Melt
 OR
 Oven-Fired Flatbread Pizza Kit*V
 -----Side Items-----
 Green Peas & Carrots
 Seasonal Fresh Fruit

28
 100% Ground Beef Nachos*SC
 OR
 Grilled Chicken Breast Sandwich
 OR
 Grilled Chicken Baja Salad
 -----Side Items-----
 Pinto Beans
 Seasonal Fresh Fruit

29
Pizza Hut Cheese Pizza*V
 OR
 Mini Chicken Corn Dogs
 OR
 Hummus & Veggie Plate with Oven-Fired Flatbread*V
 -----Side Items-----
 Tater Tots
 Seasonal Fresh Fruit

30
 Grilled Chicken Ranch Club
 Oven-Fired Flatbread
 OR
 Crispy Chicken Breast Sandwich
 OR
 Breaded Chicken and Cheese Snack Wraps
 -----Side Items-----
 Spinach Salad with Oranges
 Seasonal Fresh Fruit

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

This institution is an equal opportunity provider.

***Gluten-Free meals available upon request.**

*SC – Made from scratch *V - Vegetarian

For more detailed nutritional information, please visit: ptsdk12pa.nutrislice.com/menu

