AUGUST 2023

Elmwood Murdock Public Schools





Welcome Back!!





Menus are subject to change, this could be very last minute. All students will continue to be offered meals that meet the requirements and nutrition standards. Milk offered at all meals

This institution is an equal opportunity provider

MONDAY TUESDAY WEDNESDAY THURSDAY FRID	4
	4
	10
Cinni Mini – E Breakfast Pizza- M Fruit Juice Milk Cinni Mini – E Breakfast Pizza- M Fruit Juice Milk Cereal Bar & yogu Omelet & toast – I Fruit Juice Milk	rt -E 18
Breakfast pizza Fruit Juice Milk Mini French toast – E Breakfast sandwich – M Fruit Juice Milk Fruit Juice Milk Fruit Fruit Juice Milk	25
Breakfast Pizza Fruit Juice Milk Cream Cheese Bagel Breakfast sandwich –M Fruit Juice Milk Fruit Juice Milk Cream Cheese Bagel Breakfast sandwich –M Fruit Juice Milk Fruit Juice Milk Cinni Mini – E Breakfast Burrito – M Fruit Juice Milk	

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MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY 1				This institution is an equal opportunity provider		
7 8 9 10 11 14 15 16 Chicken nuggets Green beans Snack cracker Applesauce Milk Mini corn dogs – E Corn dogs – M Carrots Snack cracker Pears Milk Chicken strips Pears Milk Chicken strips Prince William vegetables Biscuit/ Honey Applesauce Milk Mini Chicken Strips Pears Milk Chicken strips Pears Milk Chicken strips Pears Milk Mini Milk Mini Milk To Chicken nuggets Green beans Snack cracker Applesauce Milk Milk Peaches Sherbet Milk Milk Milk Milk Milk Peaches Milk 10 Chicken nuggets Green beans Sherbet Milk Milk Milk Peaches Sherbet Milk Milk		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14 15 16 16 17 18 18 18 18 18 18 19 10 10 10 11 11 11 11 11 11 11 11 11 11				2	3	4
Green beans Snack cracker Applesauce Milk Mini corn dogs – E Corn dogs – M Carrots Snack cracker Pears Milk Mini corn dogs – E Corn dogs – M Carrots Snack cracker Pears Milk Mini corn dogs – E Corn dogs – M Carrots Snack cracker Pears Milk Mandarin chicken Rice Broccoli WG Garlic toast Peaches Milk Milk Milk Milk Milk Milk Milk Peaches Sherbet Milk WG Garlic toast Peaches Milk Mandarin chicken Rice Broccoli WG Garlic toast Peaches Milk Milk Milk Milk Milk Milk Milk Milk Milk Peaches Sherbet Milk Peaches Sherbet Milk Milk Milk Peaches Sherbet Milk Milk Milk Milk Peaches Sherbet Milk Milk Milk Peaches		7	8	9	10	
Corn dogs – M Carrots Snack cracker Pears Milk Chicken strips Prince William vegetables Biscuit/ Honey Applesauce Walking or soft taco – M Refried beans Pineapple Churro Rice Broccoli WG Muffin Mandarin oranges WG Muffin Mandarin oranges WG Garlic toast Peaches Milk WG Bun French fries Milk Peaches Milk Breaded steak Mashed potato Country gravy WG Dinner roll Peaches		14	15	16	Green beans Snack cracker Applesauce	Peaches Sherbet
Prince William vegetables Broccoli Biscuit/ Honey Applesauce Cheese sauce Broccoli Baked beans Tropical fruit Milk WG Bun Baked beans Country gravy WG Dinner roll Peaches		Corn dogs – M Carrots Snack cracker Pears	Walking or soft taco – M Refried beans Pineapple	Rice Broccoli WG Muffin Mandarin oranges	WG Garlic toast Peaches	WG Bun French fries Mixed fruit
		Prince William vegetables Biscuit/ Honey Applesauce	Cheese sauce Broccoli Pears	WG Bun Baked beans Tropical fruit	Mashed potato Country gravy WG Dinner roll Peaches	