

AUGUST 2023

Elmwood Murdock Public Schools

BREAKFAST



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

FRIDAY

1

2

3

4

7

8

9

10

11

14

15

16

17

18

Breakfast pizza
Fruit
Juice
Milk

21

Mini French toast – E
Breakfast sandwich –M
Fruit
Juice
Milk

22

Cereal & yogurt – E
French toast sticks – M
Fruit
Juice
Milk

23

Pancake stick – E
Breakfast burrito – M
Fruit
Juice
Milk

24

Frudel – E
Omelet & toast – M
Fruit
Juice
Milk

25

Breakfast Pizza
Fruit
Juice
Milk

28

Cream Cheese Bagel
Breakfast sandwich –M
Fruit
Juice
Milk

29

Ham Combo & Muffin
French toast sticks – M
Fruit
Juice
Milk

30

Cinni Mini – E
Breakfast Burrito – M
Fruit
Juice
Milk

31



AUGUST 2023

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LUNCH



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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Chicken nuggets
Green beans
Snack cracker
Applesauce
Milk

Fiestada
Peaches
Sherbet
Milk

Mini corn dogs – E
Corn dogs – M
Carrots
Snack cracker
Pears
Milk

Soft taco – E
Walking or soft
taco – M
Refried beans
Pineapple
Churro

Mandarin chicken
Rice
Broccoli
WG Muffin
Mandarin oranges
Milk

Italian dunker
WG Garlic toast
Peaches
Milk

Hamburger
WG Bun
French fries
Mixed fruit
Milk

Chicken strips
Prince William
vegetables
Biscuit/ Honey
Applesauce
Milk

Crispito
Cheese sauce
Broccoli
Pears
Milk

Pork rib
WG Bun
Baked beans
Tropical fruit
Milk

Breaded steak
Mashed potato
Country gravy
WG Dinner roll
Peaches
Milk

