

- 2023 -

SEPTEMBER

FRIDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

*Elmwood Murdock
Public Schools*

Breakfast Menu

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

4

No School

11

Breakfast pizza
Fruit
Juice
Milk

18

Breakfast pizza
Fruit
Juice
Milk

25

Breakfast pizza
Fruit
Juice
Milk

5

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

12

Cream cheese bagel - E
Breakfast sandwich - M
Fruit
Juice
Milk

19

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

26

Cream cheese bagel - E
Breakfast sandwich - M
Fruit
Juice
Milk

6

Cereal & Yogurt - E
French toast sticks - M
Fruit
Juice
Milk

13

Ham combo & muffin - E
French toast sticks - M
Fruit
Juice
Milk

20

Cereal & Yogurt - E
French toast sticks - M
Fruit
Juice
Milk

27

Ham combo & muffin - E
French toast sticks - M
Fruit
Juice
Milk

7

Pancake stick - E
Breakfast burrito - M
Fruit
Juice
Milk

14

Cinni mini - E
Breakfast burrito - M
Fruit
Juice
Milk

21

Pancake stick - E
Breakfast burrito - M
Fruit
Juice
Milk

28

Cinni mini - E
Breakfast burrito - M
Fruit
Juice
Milk

1

Cereal bar & yogurt
Omelet & Toast
Fruit
Juice
Milk

8

Frudel - E
Omelet & Toast - M
Fruit
Juice
Milk

15

Cereal bar & yogurt - E
Omelet & Toast - M
Fruit
Juice
Milk

22

Frudel - E
Omelet & Toast - M
Fruit
Juice
Milk

29

Cereal bar & yogurt - E
Omelet & Toast - M
Fruit
Juice
Milk

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*Elmwood Murdock
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Lunch Menu

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1 Hot ham & cheese sandwich
WG Bun
Chips
Peaches
Milk

4 No School

5 Hot Dog
WG Bun
Baked beans
Pears
Milk

6 WG French toast
Sausage
Hash brown
Fresh fruit
milk

7 Chicken bacon ranch wrap
Chips
Peaches
Milk

8 French bread pizza
Salad bar
Ice cream
Milk

11 Ham patty
Cheese slice
WG Bun
Au gratin potato
Mandarin oranges
milk

12 Nachos
Refried beans
Pineapple
Milk

13 Chicken alfredo
WG Breadstick
Broccoli
Milk

14 Meatball sub
WG Bun
Shredded cheese
Pears
Milk

15 Pepperoni Pizza
Salad bar
Rice krispie bar
Fruit cup
Milk

18 Sloppy Joe – E
Philly cheesesteak – M
WG Bun
California mix veggie
Applesauce
Milk

19 Chicken fajita
WG Shell
Spanish rice
Peaches
Milk

20 WG pasta with meat sauce
WG Breadstick
Pineapple
Milk

21 Pork patty
WG Bun
Peas
Pears
Milk

22 Sub sandwich
WG Bun
Toppings
Chips
Strawberries
Milk

25 Popcorn chicken
Carrots
Snack cracker
Mandarin oranges
Milk

26 Pork roast
Mashed potato
Gravy
WG Dinner roll
Fresh fruit
Milk

27 Crispiito
Cheese sauce
Broccoli
Peaches
Milk

28 Teriyaki Chicken
Rice
WG muffin
Pineapple
Milk

29 Cheese breadsticks
Salad bar
Sherbet
Applesauce
Milk