

September 2019

Elmwood Murdock Public Schools

BREAKFAST



School Information: No School September 2nd
– Labor Day



Nutrition Tip: September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

Reference: USDA MyPlate



Monday

No School

2

Tuesday

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

Wednesday

Cereal Bar & Yogurt – E
French toast sticks – M
Fruit
Juice
Milk

Thursday

Pancake Stick – E
Breakfast Burrito – M
Fruit
Juice
Milk

Friday

Frudel – E
Omelet & WG Toast – M
Fruit
Juice
Milk

Breakfast Pizza
Fruit
Juice
Milk

9

Ham combo & Mini Loaves
Breakfast sandwich – M
Fruit
Juice
Milk

10

Breakfast sliders – E
French toast sticks – M
Fruit
Juice
Milk

11

Mini Cinnis – E
Breakfast Burrito – M
Fruit
Juice
Milk

12

Cereal & Go Gurt – E
Omelet & WG Toast – M
Fruit
Juice
Milk

13

Cream cheese Bagel- E
Breakfast Pizza –M
Fruit
Juice
Milk

16

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

17

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

18

Pancake stick – E
Breakfast Burrito – M
Fruit
Juice
Milk

19

Frudel – E
Omelet & WG Toast – M
Fruit
Juice
Milk

20

Breakfast Pizza
Fruit
Juice
Milk

23

Ham combo & Mini Loaves
Breakfast sandwich – M
Fruit
Juice
Milk

24

Breakfast sliders – E
French toast sticks – M
Fruit
Juice
Milk

25

Mini Cinnis – E
Breakfast Burrito – M
Fruit
Juice
Milk

26

Cereal & Go Gurt – E
Omelet & WG Toast – M
Fruit
Juice
Milk

27

Cream Cheese Bagel E
Breakfast Pizza – M
Fruit
Juice
Milk

30



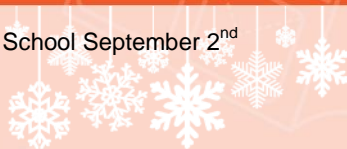
September 2019

Elmwood Murdock Public Schools

LUNCH



School Information: No School September 2nd
– Labor Day



Nutrition Tip: With September being Whole Grains month try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



Monday

No School

2

Tuesday

Ham Patty
WG Bun
Au gratin potatoes
Mixed fruit
Milk

3

Wednesday

Nachos
Toppings
Refried Beans
Tropical fruit
Milk

4

Thursday

Meatball Sub
WG Bun
Green Beans
Pears
Milk

5

Friday

Quesadilla
Salad Bar
Fresh Fruit
Ice Cream

6

Chicken nuggets
Broccoli
Biscuit / Honey
Cinnamon applesauce
Milk

9

Hot Dog
WG Bun
Baked Beans
Chips
Fresh Fruit
Milk

10

Chicken Fajita
Spanish rice
Corn
Pineapple
Milk

11

Sloppy Joe – E
Philly Cheesesteak – M
WG Bun
California mix
Peaches
Milk

12

Calzone
Marinara Sauce
Salad bar
Fruit Cup
Milk

13

Popcorn chicken
Carrots
Snack cracker
Tropical Fruit
Milk

16

Pasta
Meat sauce
WG Garlic Breadstick
Green Beans
Peaches
Milk

17

Hamburger
WG Bun
Baked Beans
Fresh Fruit
Milk

18

Chicken Filet
Mashed Potato
Broccoli
Dinner roll
Pears
Milk

19

Pizza
Salad Bar
Mixed Fruit
Rice Krispie Bar
Milk

20

Mini Corn Dogs
Carrots
Pineapple
Snack Cracker
Milk

23

Italian Dunker
Green Beans
WG Garlic Bread
Fresh fruit
Milk

24

Teriyaki Chicken
Asian Rice
Broccoli
Muffin
Mandarin oranges
Milk

25

Taco
Topping
Refried Beans
Applesauce –E
Apples –M
Milk

26

Hot Italian Sub
WG Bun
Toppings
Tropical Fruit
Milk

27

Chicken Strips
California mix
Biscuit / Honey
Pineapple
Milk

30

