

-2023-

OCTOBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

*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

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Elmwood Murdock Public Schools</i></p> <p><i>Breakfast Menu</i></p> <p>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</p> <p>This institution is an equal opportunity provider</p> <p>© 2022 Simply Good Food, LLC</p>	<p>2</p> <p>Toast crunch bar – E Breakfast pizza – M Fruit Juice Milk</p>	<p>3</p> <p>Mini French toast - E Breakfast sandwich – M Fruit Juice Milk</p>	<p>4</p> <p>Cereal & Yogurt – E French toast sticks – M Fruit Juice Milk</p>	<p>5</p> <p>Pancake stick – E Breakfast Burrito – M Fruit Juice Milk</p>	<p>6</p> <p>Frudel – E Omelet & Toast – M Fruit Juice Milk</p>
	<p>9</p> <p>Toast crunch bar – E Breakfast pizza – M Fruit Juice Milk</p>	<p>10</p> <p>Cream cheese bagel – E Breakfast sandwich – M Fruit Juice Milk</p>	<p>11</p> <p>No School</p>	<p>12</p> <p>Cinni mini – E Breakfast Burrito – M Fruit Juice Milk</p>	<p>13</p> <p>Cereal bar & yogurt – E Omelet & Toast – M Fruit Juice Milk</p>
	<p>16</p> <p>Toast crunch bar – E Breakfast pizza – M Fruit Juice Milk</p>	<p>17</p> <p>Mini French toast - E Breakfast sandwich – M Fruit Juice Milk</p>	<p>18</p> <p>Cereal & Yogurt – E French toast sticks – M Fruit Juice Milk</p>	<p>19</p> <p>Pancake stick – E Breakfast Burrito – M Fruit Juice Milk</p>	<p>20</p> <p>No School</p>
	<p>23</p> <p>No School</p>	<p>24</p> <p>Cream cheese bagel – E Breakfast sandwich – M Fruit Juice Milk</p>	<p>25</p> <p>Ham combo & Muffin – E French toast sticks – M Fruit Juice Milk</p>	<p>26</p> <p>Cinni Mini – E Breakfast Burrito – M Fruit Juice Milk</p>	<p>27</p> <p>Cereal Bar & Yogurt – E Omelet & Toast - M Fruit Juice Milk</p>
	<p>30</p> <p>Toast crunch bar – E Breakfast pizza – M Fruit Juice Milk</p>	<p>31</p> <p>Mini French toast - E Breakfast sandwich – M Fruit Juice Milk</p>			

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- 2023 -

OCTOBER

MONDAY

TUESDAY

WEDNESDAY

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FRIDAY

*Elmwood Murdock
Public Schools*

Lunch Menu

2 Mini Corn dogs – E Corn Dogs – M Broccoli Snack cracker Peaches Milk	3 Macaroni and cheese WG Breadstick Mixed fruit Milk	4 Hamburger Cheese slice WG Bun Baked Beans Pears Milk	5 Italian Dunker WG Garlic toast Pineapple Milk	6 Fiestada Fruit cup Ice cream Milk
9 Chicken strips Green beans WG Biscuit Honey / Margarine Applesauce Milk	10 Turkey sandwich – E French dip – M WG Bun California vegetable Mandarin oranges Milk	11 No School	12 Chicken filet Mashed potato Chicken gravy WG Dinner roll Mixed fruit Milk	13 Calzone Pineapple Pudding cup Milk
16 Chicken patty WG Bun Peas Strawberries Milk	17 Cream Turkey over WG Biscuit Mixed vegetables Peaches Milk	18 Taco Shell – E Walking or shell – M Refried beans Pears Milk	19 Pulled pork WG Bun Corn Cinnamon apples Milk	20 No School
23 No School	24 Chicken nuggets Mashed potato Chicken gravy Snack cracker Fruit Cup Milk	25 Crispito Cheese sauce Broccoli Pears Milk	26 Hot dog WG Bun Baked Beans Tropical fruit Milk	27 Pepperoni pizza Sherbet Peaches Milk
30 Quesadilla Spanish rice Mexicali corn Applesauce Milk	31 Chicken noodle or tomato soup WG Grilled cheese sandwich Orange Jello Brownie			

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