

- 2023 -

NOVEMBER

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

6
Toast crunch bar – E
Breakfast pizza – M
Fruit
Juice
Milk

7
Cream Cheese Bagel – E
Breakfast sandwich – M
Fruit
Juice
Milk

8
Ham combo & Muffin – E
French toast sticks – M
Fruit
Juice
Milk

9
Cinni mini – E
Breakfast Burrito – M
Fruit
Juice
Milk

10
Cereal bar & yogurt – E
Omelet & toast – M
Fruit
Juice
Milk

13
Toast crunch bar – E
Breakfast pizza – M
Fruit
Juice
Milk

14
Mini French toast – E
Breakfast sandwich – M
Fruit
Juice
Milk

15
Cereal & yogurt – E
French toast sticks – M
Fruit
Juice
Milk

16
Pancake stick – E
Breakfast Burrito – M
Fruit
Juice
Milk

17
Frudel – E
Omelet & Toast – M
Fruit
Juice
Milk

20
Toast crunch bar – E
Breakfast pizza – M
Fruit
Juice
Milk

21
Cream Cheese Bagel – E
Breakfast sandwich – M
Fruit
Juice
Milk

22
Ham combo & Muffin – E
French toast sticks – M
Fruit
Juice
Milk

23
Cinni mini – E
Breakfast Burrito – M
Fruit
Juice
Milk

24
Cereal bar & yogurt – E
Omelet & toast – M
Fruit
Juice
Milk

27
Toast crunch bar – E
Breakfast pizza – M
Fruit
Juice
Milk

28
Mini French toast – E
Breakfast sandwich – M
Fruit
Juice
Milk

29
Cereal & yogurt – E
French toast sticks – M
Fruit
Juice
Milk

30
Pancake stick – E
Breakfast Burrito – M
Fruit
Juice
Milk

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Lunch Menu

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6
Chicken strips
WG Biscuit
Honey / margarine
Broccoli
Strawberries
Milk

7
Nachos
Toppings
Refried Beans
Tropical fruit
Milk

8
Chili
WG Cinnamon roll
Fresh Fruit
Milk

9
Pork Patty
WG Bun
Carrots
Peaches
Milk

10
Chicken filet
Mashed potato
Chicken gravy
WG Dinner roll
Milk

13
Popcorn chicken
Carrots
Snack Cracker
Mandarin oranges
Milk

14
Hamburger
WG Bun
Baked Beans
Fresh fruit
Milk

15
Crispito
Cheese sauce
Broccoli
Pears
Milk

16
Sliced turkey
Mashed potato
Turkey gravy
Cranberry sauce
Pumpkin bar
Milk

17
Cheese breadstick
Peaches
Ice cream
Milk

20
Cream turkey over
WG biscuit
Mixed vegetables
Applesauce
Milk

21
Stuffed crust pizza
Salad bar
Pineapple
Milk

22
No School

23
No School

24
No School

27
Beef and bean burrito
Cheese sauce
Refried beans
Peaches
Milk

28
Chicken Noodle or tomato soup
WG Grilled cheese sandwich
Applesauce
Milk

29
WG Waffle
Sausage
Hashbrown
Fresh fruit
Milk

30
Pork rib
WG Bun
Corn
Pears
Milk