



Murray Elementary School November 2018

Salads: **Mon** – Chef, **Tues** –Tuna Salad, **Wed** –WG Chicken w. Salad, **Thurs** – Veg Baja Salad, **Fri** – Chicken Caesar all served w. Flatbread & Fruit

Lunch pricing...

\$2.80 – Students / \$3.75+Tax - Adults
Reduced =FREE – FRLP* Participants

Lunch Includes:

Protein, Bread/Grain, Vegetable, Fruit and
Choice of Fat-Free White, Chocolate or 1%
White (8 oz.).

Pay for School Meals.

Myschoolbucks.com

More info...

If you have any questions, please
contact Sandra Renken, Food Services
Director at (914) 220-3038

*Free or Reduced Lunch Program. To Apply,
Visit [mamkschools.org/parents-
community/food-services](http://mamkschools.org/parents-community/food-services).

If your child has a food allergy, please
contact your school nurse.

Regardless of portion size, the FSMC is responsible
for meeting all requirements under the Final Rule
Nutrition Standards in the National School Lunch and
School Breakfast Programs. This includes Min-Max
calories, Saturated Fat, Sodium, specific component
offers for all fruits, vegetables, grains, meat/meat
alternates and milk.



This institution is an equal opportunity provider.

Daily Lunch Offerings:

Side Salad - 1 Cup Dark, Leafy Greens Topped w/Seasonal Produce
Fruits and Vegetables - A Variety of Fresh Fruits & Vegetables in 1/2 Cup Portions
Sunflower Seed Spread & Grape Jelly Sandwiches on WG Bread
American Cheese Sandwich on WG Bread
Yogurt Parfait: All-Natural Yogurt w/Granola & Fruit

Sandwiches: **Mon** –Breaded Chicken, **Tues**–Turkey & Am , **Wed**– Bologna
& Am, **Thurs** –Ham & Swiss, **Fri** – SW Turkey Wrap. All served with Celery
+ Carrots and Fresh Fruit

**** Water stations are available with all meals*** WG=Whole Grain**

1

Villa Maria Pizza
WG Breadstick
BBY Carrots
Apples



2

Burger Bonanza...
Beef Burger or Veggie
Patty on Whole Grain
Roll
Sliced Lettuce &
Tomato Salad
Potato Wedges
Grapes

5

Boneless Chicken
Wing Bowl with
Mashed Potatoes,
Steamed Corn and
Topped with
Cheddar Cheese
Steamed Green
Beans
Fresh Fruit

6

School Closed in
Observance of



7

**Wellness
Wednesday**

Pasta with Pink
Sauce
WG Breadstick
Roasted Carrots
Fresh Melon Cuts

8

Soft Chicken Tacos (2)
with Lettuce & Cheese
Mexican Spiced Rice
Charro Black Beans
Steamed Corn
Fresh Fruit Salad

9

Cheeseburger
Meatloaf
Oven Roasted
Potatoes
Spinach Salad
Steamed Carrots
Grapes

12

School Closed



**Honoring Our
Veterans**

13

Taco Tuesday:

Crunchy Tacos w/Beef
or Veggies served with
1oz Cheese & Salsa
Cilantro Brown Rice
Campfire Pinto Beans
Fresh Fruit Salad

14

Wellness Wednesday

WG Three Cheese
Macaroni & Cheese
WG Breadstick
Spinach Salad
Carrot Coins
Cantaloupe Cuts

15

Villa Maria Pizza
WG Breadstick
BBY Carrots
Apples



16

Meatball Sub
With Parmesan
Cheese
Steamed Green
Beans,
Cucumber & Tomato
Salad
Grapes

19

Lil' Italy Rice Bowl
WG Chicken Cubes
Served with Italian
Rice & Marinara
Sauce
Spinach Salad
Banana

20

Tostitos Scoops served
with Seasoned Chicken
Taco Meat with 2oz
Cheese
Marinated Black Bean
Salad
Yellow Rice
Fruit Salad

21



22



23



26

Chicken Dipp'in
WG Chicken Tenders
choice of Sauces
Oven Baked Fries
Spinach Salad
Banana

27

Beef Nachos with Chips
& Cheese Sauce
Yellow rice
Kickin' Beans
Oranges

28

Wellness Wednesday

Baked Ziti w. Ricotta
Cheese
WG Breadstick
Steamed Broccoli
Fresh Fruit Salad

29

Villa Maria Pizza
WG Breadstick
BBY Carrots
Apples



30

Tour of Italy:
Whole Grain Pasta
with Traditional Meat
Sauce
WG Breadstick
Roasted Cauliflower
Grapes