



# MURPHY SCHOOL DISTRICT #21

THIS MENU IS SUBJECT TO CHANGE

MILK IS OFFERED WITH ALL MEALS

SALAD OR SANDWICH CHOICE OFFERED DAILY



**THIS INSTITUTION IS AN  
EQUAL OPPORTUNITY  
PROVIDER**

## MONDAY

Cold Cereal  
Graham Belly Bears  
Fruit Juice

Hamburger  
Sweet Potato Fries  
Veggie Sticks  
Fresh Fruit

6

Blueberry Mini Loaf  
Applesauce Cup  
Fresh Fruit

Chicken Nuggets  
Dinner Roll  
Carrots  
Fresh Fruit

13

Cold Cereal  
Graham Crackers  
Fruit Juice

Chicken Patty on a Bun  
Corn on the Cob  
Baked Beans  
Fresh Fruit

20

Cereal and Granola Bar  
Applesauce  
Fruit Juice

Cherry Blossom Chicken  
Fried Rice  
Steamed Broccoli  
Coleslaw  
Fresh Fruit

27

## TUESDAY

Mini Pancakes  
Mixed Fruit  
Fruit Juice

Green Chili Enchiladas  
Refried Beans  
Lettuce & Tomato  
Tortilla Chips & Salsa  
Fresh Fruit

7

Mini Waffles  
Grapes  
Fruit Juice

Beef Tacos  
Refried Beans  
Pico de Gallo  
Fresh Fruit

14

French Toast Sticks  
Sliced Peaches  
Fruit Juice

Turkey & Dressing  
Dinner Roll  
Mashed Potatoes  
Green Beans  
Waldorf Fruit Salad  
Cranberry Sauce

21

Fruity Yogurt Cup  
Goldfish Grahams  
Fruit Juice

Turkey Tacos  
Charro Beans  
Tortilla Chips & Salsa  
Fresh Fruit

28

## WEDNESDAY

Banana Muffin  
Chilled Pears  
Fruit Juice

Asian Teriyaki Chicken  
Brown Rice Pilaf  
Steamed Broccoli  
Peas  
Fresh Fruit

1

Breakfast Wrap  
Cinnamon Applesauce  
Fruit Juice

Pepperoni & Cheese  
Bites  
Romaine Salad  
Peas  
Fresh Fruit

8

Chocolate Chip Oatmeal  
Bar  
Cheese Stick  
Fruit Juice

Chicken Egg Roll  
Asian Noodles  
Peas  
Fresh Fruit

15

Mini Cinnamon Bagel  
Applesauce Cup  
Fruit Juice

Fish Sticks  
Tarter Sauce  
Carrots  
Romaine Salad  
Fresh Fruit

22

Egg Taco  
Banana

Spaghetti & Meat Sauce  
Dinner Roll  
Green Beans  
Fresh Fruit

29

## THURSDAY

Mini Strawberry Bagel  
Sliced Peaches  
Fruit Juice

Vegetable Lasagna  
Green Beans  
Romaine Salad and  
Dressing  
Fresh Fruit

2

PB & Jelly Jamwich  
Banana

Chili Macaroni  
Broccoli  
Garbanzo Bean Salad  
Fresh Fruit

9

Sausage & Cheese  
Pita  
Diced Pears  
Fruit Juice

Chili Beans with Meat  
Cornbread Loaf  
Veggie Sticks  
Fresh Fruit

16

23

Fruity Pop Tart  
Mixed Fruit  
Fruit Juice

Bean & Cheese Burro  
Cilantro, Corn, Tomato  
Salad  
Carrot Sticks  
Salsa  
Fresh Fruit

30

## FRIDAY

Egg Taco  
Applesauce Cup  
Fruit Juice

Navajo Taco  
Spanish Rice  
Peas & Corn  
Lettuce & Tomato  
Fresh Fruit

3

10

Cherry Frudel  
Fresh Apple

Pepperoni Pizza  
Green Beans  
Romaine Salad with  
Dressing  
Fresh Fruit

17

24

