



THIS MENU IS
SUBJECT TO
CHANGE AND
MILK IS
OFFERED WITH
ALL MEALS

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

OCTOBER

Murphy School District
2017

SALAD OR
SANDWICH
CHOICE OFFERED
DAILY



MONDAY

Cold Cereal
Cinnamon Bear Grahams
Fruit Juice



Chicken Patty on a Bun
Sweet Potato Fries
Peas
Fresh Fruit

TUESDAY

Mini Waffles
Peach Cup
Fruit Juice

Turkey Tacos
Spanish Rice
Charro Beans
Fresh Fruit

WEDNESDAY

Blueberry Loaf
Craisins
Fruit Juice



Pepperoni
Pizza
Green Beans
Romaine Salad
Fresh Fruit

THURSDAY

PBB & Jelly Graham Bar
Banana
Fruit Juice

Fish Nuggets
Mexicali Corn
Waffle Fries
Tarter Sauce
Fresh Fruit

FRIDAY

Breakfast Wrap
Chilled Mixed Fruit
Fruit Juice

Korean Grilled Chicken
Fried Rice
Carrots
Cucumber Wheels
Fresh Fruit

3

4

5

6



FALL BREAK

October 16, 17, 2017



Chocolate Chip
Oatmeal Bar
Chilled Pears
Fruit Juice

16

Popcorn Chicken
Macaroni & Cheese
Green Beans
Fruitable Treat

Cold Cereal
Orange Smiles
Fruit Juice

17

Red Cheese Enchiladas
Refried Beans
Lettuce & Tomato Cup
Salsa
Fresh Fruit

Mini Cinnamon Bagels
Strawberries
Fruit Juice



Teriyaki Beef
Bites
Brown Rice
Mixed Veggies
Carrots and Ranch Dip
Fresh Fruit

18

Fruity Yogurt
Cinnamon Bears
Fruit Juice

19



Beefy Rotini
Garlic Breadstick
Broccoli
Romaine Salad
Fresh Fruit

Pancake & Sausage
on a Stick
Applesauce Cup
Fruit Juice

20

Chicken & Rice Burro
Cilantro, Corn, Tomato Salad
California Blend Veggies
Salsa
Fresh Fruit

Cold Cereal
Craisins
Fruit Juice

23



Mini Cheeseburger Sliders
Catsup/Mustard/Mayo
Vegetarian Beans
Lettuce & Pickle Cup
Fresh Fruit

Mini Pancakes
Applesauce Cup
Fruit Juice

24

Bean & Cheese Burrito
Salsa
Mexicali Corn
Carrot Sticks
Fresh Fruit

Apple Frudel
Cheese Stick
Fruit Juice



Chicken Egg
Roll
Carrots
Fresh Fruit
Whole Wheat Sugar Cookie

25

Cereal Bar
Banana
Fruit Juice

26



Pizza
Bagel
Green Beans
Romaine Salad
Fresh Fruit

Egg, Cheese and
Sausage Burrito
Sliced Peaches
Salsa
Fruit Juice

27

Zesty Chicken Rings
Mashed Potatoes & Gravy
Peas & Carrots
Fresh Fruit

Cold Cereal
Graham Crackers
Fresh Fruit



Toasted Cheese
Sandwich
Minestrone Soup
Vegetable Sticks
Fresh Fruit

30

Cinnamon French
Toast
Mixed Fruit
Fruit Juice



Chili Con Carne
Cornbread Loaf
Coleslaw
Cucumber Wheels
Fresh Fruit

31