



# Murray Avenue Elementary School Lunch Menu December, 2018

## 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](http://Myschoolbucks.com)

## More info...

If you have any questions, please contact, Sandra Renken, Food Service Director at (914) 220-3038 or e-mail [Renken-Sandra@aramark.com](mailto:Renken-Sandra@aramark.com)

\*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

**3**  
**Chicken Monday**  
BBQ Chicken on a Bun  
Crinkle Cut Fries  
Steamed Broccoli  
Fresh Fruit

**4**  
**Nacho Day**  
Beef Nachos with Chips & Cheese Sauce  
Yellow rice  
Kickin' Beans  
Oranges

**5**  
Early Dismissal for Teacher Conferences  
  
*Don't forget to order your bagged lunch!*

**6**  
Cheesy Bread Sticks with Marinara Sauce  
Sliced Cucumbers  
Seasoned Corn  
Fresh Fruit

**7**  
Cheeseburger Meatloaf  
Oven Roasted Potatoes  
Spinach Salad  
Steamed Carrots  
Grapes

**10**  
WG Breaded Chicken Parmesan over WG Pastai with Sauce  
Steamed Broccoli  
Fresh Fruit

**11**  
Soft Chicken Tacos (2) with Lettuce & Cheese  
Mexican Spiced Rice  
Charro Black Beans  
Steamed Corn  
Fresh Fruit Salad

**12**  
Early Dismissal for Teacher Conferences  
  
*Don't forget to order your bagged lunch!*

**13**  
Villa Maria Pizza  
WG Breadstick  
Fresh BBY Carrots  
Apple Slices  


**14**  
**Burger Bonanza...**  
Beef Burger or Veggie Patty on Whole Grain Roll  
Sliced Lettuce & Tomato Salad  
Baked Fries  
Grapes

**17**  
**Chicken Monday**  
WG Chicken Tenders Served with Herbed Rice  
Steamed Broccoli  
Fresh Fruit

**18**  
**Taco Tuesday:**  
Crunchy Tacos w/Beef or Veggies served with  
1oz Cheese & Salsa  
Cilantro Brown Rice  
Campfire Pinto Beans  
Fresh Fruit Salad

**19**  
**Wellness Wednesday**  
WG Three Cheese Macaroni & Cheese  
WG Breadstick  
Spinach Salad  
Carrot Coins  
Cantaloupe Cuts

**20**  
All American Grilled Cheese  
Served with Vegetarian Baked Beans  
Seasoned Corn  
Fresh Fruit

**21**  
Backyard BBQ Burger: Beef or Veggie Burger with American Cheese & Curley Fries on top  
Fresh Bell Pepper Strips  
Garden Salad  
Apple Slices



### 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

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

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

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.