LUNCH

SEPTEMBER 2026

Elmwood Murdock Public Schools

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Hot dog WG Bun' Baked beans Fresh fruit Milk	2 Chicken leg Mashed potato Gravy WG Dinner roll Berry mix milk	3 Cream turkey over WG Biscuit Mixed vegetables Mandarin oranges Milk	4 Chicken bacon ranch Wrap Chips Peaches Milk
7 No School	8 WG French toast Sausage Hash brown Syrup Fresh fruit Milk	9 Hot ham & cheese Sandwich WG Bun Chips Pears Milk	10 Chicken alfredo Broccoli Peaches Milk	11 Pizza Salad bar Mandarin oranges Milk
14 Chicken patty WG Bun Baked beans Applesauce milk	15 Meatball sub WG Bun Mixed fruit Milk	16 Popcorn chicken Broccoli Snack cracker Apples Milk	17 Breaded beef steak Mashed potato Gravy WG dinner roll Peaches Milk	18 Calzone Marinara Salad bar Pineapple Milk
21 Chicken nuggets Carrots Snack cracker Mixed fruit Milk	22 Nachos Toppings Refried beans Pears Milk	23 Teriyaki stir fry over WG rice Pineapple Milk	24 Italian dunker WG Garlic toast Tropical fruit Milk	25 Sub sandwich Toppings Chips Mandarin oranges Milk
28 Hamburger Cheese slice WG Bun Baked beans Applesauce Milk	29 Crispito Cheese sauce Broccoli Peaches Milk	30 WG pasta with Meat sauce Breadstick Pears Milk		

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

BREAKFAST

SEPTEMBER 2026

Elmwood Murdock Public Schools

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Mini French toast – E Ham, Egg, & Cheese croissant – M Fruit Juice / Milk	2 Cereal & Yogurt – E French toast sticks – M Fruit Juice Milk	3 Pancake on a stick – E Sausage, Egg, & Cheese Croissant – M Fruit Juice / Milk	4 Frudel – E Omelet & Toast – M Fruit Juice Milk
7 No School	8 Cream cheese bagel – E Ham, Egg, & Cheese croissant – M Fruit Juice / Milk	9 Ham combo & Muffin – E French toast sticks – M Fruit Juice Milk	10 Cinni mini – E Sausage, Egg, & Cheese Croissant – M Fruit Juice / Milk	11 Cereal bar & yogurt - E Omelet & Toast – M Fruit Juice Milk
14 Toast crunch bar – E Breakfast pizza – M Fruit Juice Milk	15 Mini French toast – E Ham, Egg, & Cheese croissant – M Fruit Juice / Milk	16 Cereal & Yogurt – E French toast sticks – M Fruit Juice Milk	17 Pancake on a stick – E Sausage, Egg, & Cheese Croissant – M Fruit Juice / Milk	18 Frudel – E Omelet & Toast – M Fruit Juice Milk
21 Breakfast pizza Fruit Juice Milk	22 Cream cheese bagel – E Ham, Egg, & Cheese croissant – M Fruit Juice / Milk	23 Ham combo & Muffin – E French toast sticks – M Fruit Juice Milk	24 Cinni mini – E Sausage, Egg, & Cheese Croissant – M Fruit Juice / Milk	25 Cereal bar & yogurt - E Omelet & Toast – M Fruit Juice Milk
28 Toast crunch bar – E Breakfast pizza – M Fruit Juice Milk	29 Mini French toast – E Ham, Egg, & Cheese croissant – M Fruit Juice / Milk	30 Cereal & Yogurt – E French toast sticks – M Fruit Juice Milk		

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