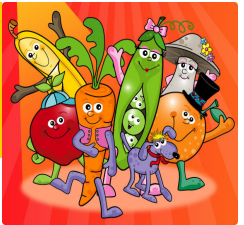




This Menu is Subject to Change

# Murphy School District #21 May, 2010

Milk is Served With All Meals



## Regular Board Meeting—May 10, 2010 @ 6:30 p.m.

"The United States Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status (Not all prohibited apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326 W. Whitton Bldg, 14th and Independence Avenue, SW, Washington D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer."

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
French Toast Sticks <small>Day 6</small> Assorted Cold Cereal Syrup Fruit Juice  Chicken Patty on a Bun Chef Salad with Diced Ham Brown Rice Pilaf Fresh Fruit <b>3</b>	Egg & Cheese on an English Muffin <small>Day 1</small> Assorted Cold Cereal Chilled Fruit  Beef Burrito Chef Salad with Diced Ham Mexicali Corn Tortilla Chips Salsa Fresh Fruit <b>4</b>	Cocoa G-Force Bar <small>Day 2</small> Assorted Cold Cereal Fruit Juice <b>Early Release</b> Bean Tostada with Cheese Chef Salad with Diced Ham Lettuce & Tomato Spanish Rice Fresh Fruit Churro <b>5</b>	Egg & Cheese Burro <small>Day 3</small> Assorted Cold Cereal Salsa Fruit Juice  Chicken Nuggets Chef Salad with Diced Ham Wheat Dinner Roll Twister Fries Fresh Fruit <b>6</b>	PB & Jelly Jammer <small>Day 4</small> Assorted Cold Cereal Fresh Fruit  Turkey and Gravy Chef Salad with Diced Ham Mashed Potatoes Wheat Dinner Roll Peas Fresh Fruit <b>7</b>
Apple Cinnamon Muffin <small>Day 5</small> Assorted Cold Cereal Fruity Yogurt  Cheesy Ham Pizza Toasted Cheese Sandwich Garden Salad and Dressing Fresh Fruit <b>10</b>	Pancakes <small>Day 6</small> Assorted Cold Cereal Syrup Fruit Juice  Chicken Fajita Wrap Toasted Cheese Sandwich Salsa Corn Fresh Fruit <b>11</b>	Scrambled Eggs <small>Day 1</small> Assorted Cold Cereal Wheat Toast & Jelly Chilled Fruit <b>Early Release</b> Sloppy Joe on a Bun Toasted Cheese Sandwich French Fries Carrots & Ranch Dip Fresh Fruit <b>12</b>	Cream of Wheat <small>Day 2</small> Assorted Cold Cereal Graham Crackers Fruit Juice  Lasagna Toasted Cheese Sandwich Wheat Dinner Roll Green Beans Fresh Fruit <b>13</b>	Sweet Potato & Raisin Bread <small>Day 3</small> Assorted Cold Cereal Applesauce  Mini Corn Dogs Toasted Cheese Sandwich Vegetarian Chili Fresh Fruit Whole Wheat Sugar Cookie <b>14</b>
Whole Wheat Bagel <small>Day 4</small> Assorted Cold Cereal Cream Cheese Fruit Juice  Cheeseburger on a Bun Baked Potato & Condiments Oven Fries Fresh Fruit <b>17</b>	Waffles & Syrup <small>Day 5</small> Assorted Cold Cereal Chilled Fruit  Green Chili Enchiladas Baked Potato & Condiments Spanish Rice Refried Beans Lettuce & Tomato Fresh Fruit <b>18</b>	Egg & Sausage Burro <small>Day 6</small> Assorted Cold Cereal Salsa Fruit Juice <b>Early Release</b> Beefy Macaroni Baked Potato & Condiments Wheat Dinner Roll Peas Fresh Fruit <b>19</b>	Buttermilk Biscuit <small>Day 1</small> Assorted Cold Cereal Sausage Patty Applesauce  Oven Fried Chicken Baked Potato & Condiments Garden Salad & Dressing Quick Baked Potato Fresh Fruit <b>20</b>	Blueberry Oatmeal Square <small>Day 2</small> Assorted Cold Cereal Fruit Juice  MANAGER'S CHOICE  <b>21</b>
Pancake & Sausage on a Stick <small>Day 3</small> Assorted Cold Cereal Syrup Fruit Juice  Pepperoni Pizza Calzone Garden Salad with Dressing Fresh Fruit <b>24</b>	Cocoa G-Force Bar <small>Day 4</small> Assorted Cold Cereal Banana Fruit Juice  Bean & Cheese Burrito Calzone Salsa Corn on the Cob Fresh Fruit <b>25</b>	Egg & Cheese Burro <small>Day 5</small> Assorted Cold Cereal Salsa Chilled Fruit <b>Early Release</b> Spaghetti & Meatballs Calzone Wheat Dinner Roll Green Beans Fresh Fruit <b>26</b>	PB & Jelly Jammer <small>Day 6</small> Assorted Cold Cereal Chilled Fruit  Turkey & Cheese Sandwich Calzone Fresh Veggies & Ranch Dip Whole Wheat Sugar Cookie Fruity Juice Bar <b>27</b>	



### MURPHY SCHOOL DISTRICT SUMMER FOOD PROGRAM SITES MONDAY THROUGH FRIDAY

**Breakfast**  
7:30 a.m. - 8:30 a.m.

**6/1/10 through 6/23/10**  
**BREAKFAST AND LUNCH**  
Sullivan Elementary School  
Hamilton Elementary School  
Kuban Elementary School

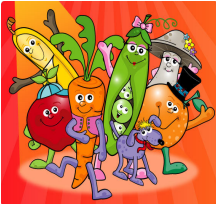
**Lunch**  
11:30 a.m. - 12:30 p.m.  
**Snack**  
3:30 p.m. - 4:00 p.m.

**FREE**  
**Breakfast**  
**Lunch**  
**Afternoon Snack**  
**1 to 18 YRS**

**6/1/10 through 7/23/10**  
**LUNCH AND AFTERNOON SNACK**  
Smith Park Recreation Center  
Harmon Park Recreation Center  
Coffelt Park Recreation Center  
Vernel Coleman Rec Center  
University Park Recreation Center

**6/1/10 through 7/30/10**  
**BREAKFAST AND LUNCH**  
Garcia Elementary School  
Valley Christian Center  
(1326 West Hadley)

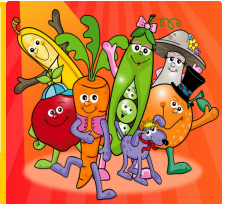
FOR MORE INFORMATION PLEASE CALL THE MURPHY SCHOOL DISTRICT NUTRITION CENTER  
AT 602-353-5009



**ESTE MENU  
ES SUJETO  
A CAMBIOS**


# ESCUELAS DE MURPHY Mayo, 2010

**LECHE SE  
SIRVEN CON  
TODAS LAS  
COMIDAS**



**Junta de la Mesa Directiva—10 de Mayo, 2010 @ 6:30 p.m.**

"El Departamento de Agricultura de los EE, UU. (USDA, siglas en ingles) prohíbe la discriminación en todos sus programas y actividades a base de raza, color, origen, nacional, genero, religion edad, impedimentos, credo politico, orientacion sexual, estado civil o familiar. (No todas las bases de prohibicion aplican a todos los programas.) Personas con impedimentos que requieran medios alternativos de comunicacion para obtener informacion acerca de los programas (Braille, tipografia agrandada, cintas de audio, etc.) deben ponerse en contacto con el Centro TARGET de USDA, llamando al (202) 720-2600 (voz y TDD). Para presentar una queja sobre discriminacion, escriba a USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410, o llame al (202) 720 5964 (voz y TDD). USDA es un proveedor y empleador que ofrece oportunidad igual a todos."

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
Pan Frances Tostado Cereal Jugo de Fruta  Sandwich de Pollo Ensalada con Jamon Arroz Fruta	Pan Ingles Tostado con Huevos y Queso Cereal Fruta  Burro de Carne Ensalada con Jamon Maiz Papitas Salsa Fruta	Postre de Chocolate Cereal Jugo de Fruta  Salida Temprano  Tostada Ensalada con Jamon Verduras Fruta Churro de Canela	Burro de Huevo con Queso Cereal Salsa Jugo de Fruta  Pollo Ensalada con Jamon Pan de Trigo Papitas Fruta	Sandwich de Crema de Cacahuete/Jalea Cereal Fruta  Pavo Ensalada con Jamon Pure de Papas Pan de Trigo Chicharos Fruta
Postre de Manzana Cereal Yogur con Fruta  Pizza de Jamon Sandwich de Queso Ensalada Fruta	Pancake Cereal Jugo de Fruta  Tortilla con Fajitas de Pollo Sandwich de Queso Salsa Maiz Fruta	Huevos Pan Tostado con Jalea Fruta  Salida Temprano  Sandwich de Carne de Barbecoa Sandwich de Queso Papitas Zanahorias Fruta	Avena Cereal Galleta de Canela Jugo de Fruta  Macarron con Carne Sandwich de Queso Pan de Trigo Ejotes Fruta	Pan de Papas Dulces y Pasas Cereal Pure de Manzana  Salchicha con Pan de Maiz Sandwich de Queso Chili con Frijoles Fruta Galleta de Azucar
Bagel de Trigo Cereal Crema de Queso Jugo de Fruta  Hamburguesa con Queso Papa con Condimentos Papitas Fruta	Waffle Cereal Fruta  Enchilada de Chili Verde Papa con Condimentos Arroz Frijoles Verduras Fruta	Burro de Huevos con Salchicha Cereal Salsa Jugo de Fruta  Salida Temprano  Macarron con Carne Pan de Trigo Chicharos Fruta	Bisqueete Cereal Salchicha Pure de Manzana  Pollo Papa con Condimentos Ensalada Papas Fruta	Postre de Avena con Arandanos Cereal Jugo de Fruta  ESPECIAL DE LA CASA
Pancake con Salchicha Cereal Jugo de Fruta  Pizza Calzone Ensalada Fruta	Postre de Chocolate Cereal Platano Jugo de Fruta  Burro de Frijoles con Queso Calzone Salsa Maiz Fruta	Burro de Huevos con Queso Cereal Salsa Fruta  Salida Temprano  Macarron con Carne Calzone Pan de Trigo Ejotes & Fruta	Sandwich de Crema de Cacahuete Cereal Fruta  Sandwich de Pavo Calzone Vegetales Galleta de Azucar Paleta de Fruta	



**Desayuno**  
7:30 a.m. - 8:30 a.m.

DISTRITO ESCOLAR MURPHY  
COMIDAS PARA EL VERANO  
PROGRAMAS EN LOS SITOS  
LUNES—VIERNES

**6/1/10—6/23/10**  
**DESAYUNO Y ALMUERZO**  
Escuela Sullivan  
Escuela Hamilton  
Escuela Kuban

**11:30 a.m. - 12:30 p.m.**  
**Almuerzo**  
**3:30 p.m. - 4:00 p.m.**  
**Bocadillo**

**GRATIS**  
**Desayuno**  
**Almuerzo**  
**Bocadillo**  
**1-18 ANOS**

**6/1/10—7/23/10**  
**ALMUERZO Y BOCADILLO**  
Centro de Recreacion en el Parque Smith  
Centro de Recreacion en el Parque Harmon  
Centro de Recreacion en el Parque Coffelt  
Centro de Recreacion en el Parque Coleman  
Centro de Recreacion en el Parque University

**6/1/10—7/30/10**  
**DESAYUNO Y ALMUERZO**  
Escuela Garcia  
Centro Cristiano del Valle  
(1326 West Hadley)

PARA MAS INFORMACION POR FAVOR LLAME AL CENTRO DE NUTRICION—602-353-5009