





**This Menu is  
Subject to  
Change**

# Murphy School District #21 November 2010

**Milk is served  
with all  
Meals**

Regular Board Meeting—November 8 @ 6:30 p.m.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Whole Wheat Bagel <span style="background-color: #90EE90;">Day 2</span> Assorted Cereal Peanut Butter Chilled Peaches   Pepperoni Pizza Cheese Pizza Garden Salad & Dressing Fresh Fruit <span style="float: right;">1</span>	Scrambled Eggs <span style="background-color: #90EE90;">Day 4</span> Assorted Cereal Toast & Jelly Orange Smiles   Chili Cheese Burrito Bean Burrito Corn Garden Salad & Dressing Salsa Fresh Fruit <span style="float: right;">2</span>	English Muffin with <span style="background-color: #90EE90;">Day 4</span> Sausage & Cheese Assorted Cereal Fruity Applesauce  <div style="background-color: #FFDAB9; text-align: center; padding: 2px;">EARLY RELEASE</div>  Roasted Chicken Bean Burrito & Salsa Wheat Dinner Roll Vegetable Trazzini Green Beans Fresh Fruit <span style="float: right;">3</span>	Pancakes <span style="background-color: #90EE90;">Day 5</span> Assorted Cereal Syrup Fruit Juice   Bean Tostada Bean Burrito Spanish Rice Lettuce & Tomato Salsa Fresh Fruit <span style="float: right;">4</span>	Hot Oatmeal <span style="background-color: #90EE90;">Day 6</span> Assorted Cereal Cinnamon Toast Chilled Mixed Fruit   Chicken Fingers Bean Burrito & Salsa Wheat Dinner Roll Baby Red Mashed Potatoes Steamed Carrots Fresh Fruit <span style="float: right;">5</span>	
Blueberry Mini Loaf <span style="background-color: #90EE90;">Day 1</span> Assorted Cereal Sliced Pears   Beef Patty on a Wheat Bun Turkey & Cheese Sandwich Mustard/Catsup/Mayo Sweet Potato Fries Lettuce & Pickle Fresh Fruit <span style="float: right;">8</span>	Waffle <span style="background-color: #90EE90;">Day 2</span> Assorted Cereal Cherry Sauce Fruit Juice   BBQ Beef Rib Patty Turkey & Cheese Sandwich Mustard & Mayo Steamed White Rice Broccoli & Carrots Fresh Fruit <span style="float: right;">9</span>	Egg & Sausage <span style="background-color: #90EE90;">Day 3</span> Burro Assorted Cereal Salsa Fruity Applesauce  <div style="background-color: #FFDAB9; text-align: center; padding: 2px;">EARLY RELEASE</div>  Chili Beans with Meat Turkey & Cheese Sandwich Cornbread Coleslaw Fresh Fruit <span style="float: right;">10</span>	<div style="background-color: #FFDAB9; text-align: center; padding: 5px;"><b>SCHOOL HOLIDAY</b></div>  <div style="text-align: center; color: #4682B4;">VETERANS DAY</div> <span style="float: right;">11</span>	Sweet Rice <span style="background-color: #90EE90;">Day 4</span> Assorted Cereal Cinnamon Toast Banana   Rotini Carbonara Turkey & Cheese Sandwich Mustard & Mayo Romaine Salad & Dressing Wheat Dinner Roll Fresh Fruit <span style="float: right;">12</span>	
Fruity Yogurt Cup <span style="background-color: #90EE90;">Day 5</span> Assorted Cereal Graham Crackers Fruit Juice   BBQ Turkey on a Bun Grilled Cheese Sandwich Corn on the Cob Sweet Potato Fries Fresh Fruit <span style="float: right;">15</span>	French Toast Sticks <span style="background-color: #90EE90;">Day 6</span> Assorted Cereal Syrup Fresh Strawberries   Spaghetti & Meat Sauce Grilled Cheese Sandwich Romaine Salad & Dressing Breadstick Fresh Fruit <span style="float: right;">16</span>	Oatmeal Muffin <span style="background-color: #90EE90;">Day 1</span> Assorted Cereal Honeydew Melon  <div style="background-color: #FFDAB9; text-align: center; padding: 2px;">EARLY RELEASE</div>  Turkey Dog on Wheat Bun Grilled Cheese Sandwich Savory Loop Fries Mustard & Catsup Fresh Fruit <span style="float: right;">17</span>	Egg & Cheese Burro <span style="background-color: #90EE90;">Day 2</span> Assorted Cereal Salsa Chilled Peaches   Roasted Turkey & Gravy Mashed Potatoes Wheat Dinner Roll Cornbread Stuffing Mixed Vegetables Pumpkin Pie <span style="float: right;">18</span>	Cream of Wheat <span style="background-color: #90EE90;">Day 3</span> Assorted Cereal Cinnamon Toast Fruit Juice   Teriyaki Beef Bites Grilled Cheese Sandwich Brown Rice Spicy Pinto Beans Fresh Fruit <span style="float: right;">19</span>	
Cinnamon Honey or <span style="background-color: #90EE90;">Day 4</span> Cocoa Bar Assorted Cereal Apple Wedges Fruit Juice   Pepperoni Pizza Cheese Crisp Garden Salad & Dressing Fresh Vegies & Ranch Dip Salsa Fresh Fruit <span style="float: right;">22</span>	Sweet Potato and <span style="background-color: #90EE90;">Day 5</span> Raisin Bread Assorted Cereal Fruity Yogurt   Turkey Taco Cheese Crisp Lettuce & Tomato Spanish Rice Salsa Fresh Fruit <span style="float: right;">23</span>	Hot Oatmeal <span style="background-color: #90EE90;">Day 6</span> Assorted Cereal Chilled Peaches  <div style="background-color: #90EE90; text-align: center; padding: 2px;">EARLY DISMISSAL</div>  Chicken Nuggets BBQ Sauce Cheese Crisp & Salsa Macaroni Salad Applesauce Cake Fresh Fruit <span style="float: right;">24</span>			
Pancake and <span style="background-color: #90EE90;">Day 1</span> Sausage on a Stick Assorted Cereal Syrup Fruit Juice   Mandarin Orange Chicken Turkey & Cheese Sandwich Mustard & Mayonnaise Spinach Salad & Cherries Fried Rice Fresh Fruit <span style="float: right;">29</span>	Egg & Sausage <span style="background-color: #90EE90;">Day 2</span> Burro Assorted Cereal Fruity Applesauce   Creamy Vegetable Lasagna Turkey & Cheese Sandwich Mustard & Mayonnaise Wheat Dinner Roll Romaine Salad & Dressing Fresh Fruit <span style="float: right;">30</span>	<div style="background-color: #FFD700; padding: 10px;"> <p><b>MURPHY HEADSTART PRESCHOOL REGISTRATION</b></p> <p><b>602-353-5181</b></p> <p><b>CHILDREN MUST BE THREE OR FOUR YEARS OLD BY AUGUST 31</b></p> </div>			

**Este Manu es  
Sujeto a  
Cambios**

# Escuelas Murphy Noviembre 2010

**Junta de la Mesa Directiva—8 de Noviembre @ 6:30 p.m.**

**Leche se Sirve  
con Todas Las  
Comidas**

“El Departamento de Agricultura de los EE, UU. (USDA, siglas en inglés) prohíbe la discriminación en todos sus programas y actividades a base de raza, color, origen, nacionalidad, género, religión edad, impedimentos, credo político, orientación sexual, estado civil o familiar. (No todas las bases de prohibición aplican a todos los programas.) Personas con impedimentos que requieran medios alternativos de comunicación para obtener información a cerca de los programas (Braille, tipografía 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 discriminación, escriba a USDA, Director, Oficina de los Derechos Humanos, Salón #326-W, Whitten Building, 14th y Avenida Independence, SW, Washington, DC 20250-9410, o llame al (202) 720 5964 (voz y TDD). USDA es un proveedor y empleador que ofrece oportunidad igual para todos.”

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	
Bagel de Trigo <span style="float:right">Dia 2</span> Cereal Crema de Cacahuete Duraznos  Pizza Ensalada Fruta <span style="float:right">1</span>	Huevos <span style="float:right">Dia 4</span> Cereal Pan Tostado con Jalea Naranjas  Burro de Chili con Queso Burro de Frijoles con Salsa Maiz Ensalada Salsa Fruta <span style="float:right">2</span>	Pan Ingles Tostado <span style="float:right">Dia 4</span> Con Salchicha Cereal Pure de Manzana  <b>SALIDA TEMPRANO</b>  Pollo Burro de Frijoles con Salsa Pan de Trigo Vegetales Ejotes Fruta <span style="float:right">3</span>	Pancakes <span style="float:right">Dia 5</span> Cereal Jugo de Fruta  Tostada de Frijoles Burro de Frijoles con Salsa Arroz Verduras Salsa Fruta <span style="float:right">4</span>	Avena <span style="float:right">Dia 6</span> Cereal Pan Tostado con Canela Fruta  Pollo Burro de Frijoles con Salsa Pan de Trigo Pure de Papas Zanahorias Fruta <span style="float:right">5</span>	
Postre con Avandanos <span style="float:right">Dia 1</span> Cereal Peras  Hamburguesa Sandwiche de Pavo con Queso Papitas de Papa Dulce Verduras Fruta <span style="float:right">8</span>	Waffle <span style="float:right">Dia 2</span> Cereal Cerezas Jugo de Fruta  Carne de Barbacoa Sandwiche de Pavo con Queso Arroz Zanahorias con Brocoli Fruta <span style="float:right">9</span>	Burro de Huevos <span style="float:right">Dia 3</span> con Salchicha Cereal Salsa Pure de Manzana  <b>SALIDA TEMPRANO</b>  Chili con Carne Sandwiche de Pavo Pan de Maiz Ensalada de Col Fruta <span style="float:right">10</span>	<b>NO HAY ESCUELA</b>   <b>El Dia de Los Veteranos</b> <span style="float:right">11</span>	Arroz Dulce <span style="float:right">Dia 4</span> Cereal Pan Tostado con Canela Platano  Macarron con Queso y Jamon Sandwiche de Pavo con Queso Ensalada Pan de Trigo Fruta <span style="float:right">12</span>	
Yogur con Fruta <span style="float:right">Dia 5</span> Cereal Galleta de Canela Jugo de Fruta  Sandwiche de Pavo de Barbacoa Sandwiche de Queso Maiz Papitas de Papa Dulce Fruta <span style="float:right">15</span>	Pan Frances <span style="float:right">Dia 6</span> Tostado Cereal Fresas  Macarron con Carne Sandwiche de Queso Ensalada Pan de Ajo Fruta <span style="float:right">16</span>	Postre de Avena <span style="float:right">Dia 1</span> Cereal Melon  <b>SALIDA TEMPRANO</b>  Salchicha de Pavo Sandwiche de Queso Papitas Fruta <span style="float:right">17</span>	Burro de Huevos <span style="float:right">Dia 2</span> Con Queso Cereal Salsa Duraznos  Pavo Pure de Papas Pan de Maiz Vegetales Postre de Calabazas <span style="float:right">18</span>	Avena <span style="float:right">Dia 3</span> Cereal Pan Tostado con Canela Jugo de Fruta  Carne de res de Teriyaki Sandwiche de Queso Arroz Frijoles Fruta <span style="float:right">19</span>	
Postre de Miel con Canela <span style="float:right">Dia 4</span> Cereal Manzana Jugo de Fruta  Pizza Quesadila con Salsa Ensalada Vegetales Fruta <span style="float:right">22</span>	Pan de Papa Dulce <span style="float:right">Dia 5</span> con Pasas Cereal Yogur con Fruta  Taco de Pavo Quesadilla Verduras Arroz Salsa Fruta <span style="float:right">23</span>	Avena <span style="float:right">Dia 6</span> Cereal Duraznos  <b>DIA CORTO</b>  Pollo de Barbacoa Quesadilla con Salsa Ensalada de Macarron Cake de Pure de Manzana Fruta <span style="float:right">24</span>			
Pancake con Salchicha <span style="float:right">Dia 1</span> Cereal Jugo de Fruta  Pollo con Salsa de Naranja Sandwiche de Pavo Ensalada de Espinaca con Cerezas Arroz Fruta <span style="float:right">29</span>	Burro de Huevos con <span style="float:right">Dia 2</span> Salchicha Cereal Pure de Manzana  Macarron con Vegetales y Queso Sandwiche de Pavo Pan de Trigo Ensalada Fruta <span style="float:right">30</span>	<b>MATRICULA PARA EL PROGRAMA HEADSTART MURPHY</b> <b>602-353-5181</b> <b>LOS NINOS DEBEN DE TENER DE TRES A CUATRO ANOS DE EDAD PARA EL PRIMERO DE 31 DE AGOSTO</b>			