



# OCTOBER 2025



## MURDOCK LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*Hamburger 6 Turkey & Cheese Croissant	*Bean & Cheese Burrito 7 Turkey & Cheese Sandwich	*Chicken Quesadilla 8 *Grilled Cheese Sandwich	*Spaghetti 9 *WUSD PB & J	Pizza 10 *Tuna Salad Sandwich
Crispy Fish Sandwich 13 Turkey & Cheese Croissant	*Cheese Quesadilla 14 *Tuna Salad Sandwich	*Baked Chicken 15 *Grilled Cheese Sandwich	*Taco Casserole 16 *WUSD PB & J	Pizza 17 *Meatball Sub
*Sloppy Joe 20 Turkey & Cheese Croissant	Chicken Tenders 21 *Grilled Cheese Sandwich	Orange Chicken 22 Ham & Cheese Sub	*Macaroni & Cheese 23 *WUSD PB & J	French Bread Pizza 24 *Meatball Sub
Chicken Patty Sandwich 27 Turkey & Cheese Croissant	Popcorn Chicken 28 Ham & Cheese Sub	*Nachos 29 *Grilled Cheese Sandwich	*Chicken Alfredo & Garlic Breadstick 30 *WUSD PB & J	Pizza 31 *Tuna Salad Sandwich

### Lunch includes:

- Choice of Low Fat 1% White Milk or Fat Free Chocolate Milk
- Choice of half cup serving of Fruit
- Choice of 2 half cup servings of Vegetables
- Salad Bar

Menu is subject to change without notice.  
This institution is an equal opportunity provider.

\*Made In-House



All Willows Unified School District (WUSD) Students receive **1-free** breakfast & lunch daily.

