



**McKeel Academy of Technology  
January Lunch Menu 2022**

**\*\*Daily Stations include Pizza, Deli Subs, and Salads\*\***

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>Staff Workday No Students</b>	<b>4</b> Tex Mex Bowl Rice Black Beans Cut Corn Assorted Fruit Choice of Milk	<b>5</b> Pasta Bar Baby Carrots Side Salad Garlic Bread Assorted Fruit Choice of Milk	<b>6</b> Pulled Pork BBQ Baked Beans Cole Slaw Tater Tots Assorted Fruit Choice of Milk	<b>7</b> Fiestada Pizza OR Mozzarella Breadsticks Baby Carrots w/Ranch Dip Cut Corn Assorted Fruit Choice of Milk
<b>10</b> Chicken Nuggets Green Peas Tater Tots Baby Carrots Dinner Roll Assorted Fruits Choice of Milk	<b>11</b> Taco Bar Black Beans Cut Corn Lettuce, Tomato Cups Assorted Fruits Choice of Milk	<b>12</b> Baked Chicken Mashed Potatoes Green Beans Dinner Roll Assorted Fruits Choice of Milk	<b>13</b> Baked Potato Bar Chili or Cheese Broccoli Cuts Cut Carrots WG Crackers Assorted Fruit Choice of Milk	<b>14</b> Hamburger or Hot Dog Potato Wedges Sliced Tomatoes Assorted Fruit Choice of Milk
<b>17</b> <b>Holiday Dr. Martin Luther King, Jr. Day</b>	<b>18</b> Chicken Fajitas Black Beans Rice Roasted Red Peppers Assorted Fruit Choice of Milk	<b>19</b> Lasagna Garlic Bread Side Salad Red Potatoes Steamed Carrots Assorted Fruit Choice of Milk	<b>20</b> Salisbury Steak Mashed Potatoes Green Beans Dinner Roll Assorted Fruit Choice of Milk	<b>21</b> Chicken Tenders Mac & Cheese Cabbage Blackeye Peas Assorted Fruit Choice of Milk
<b>24</b> Corn Dogs Tater Tots Baby Carrots w/Ranch Dip Assorted Fruit Choice of Milk	<b>25</b> Beef or Cheese Nachos Cut Corn Refried Beans Assorted Fruit Choice of Milk	<b>26</b> Meatloaf Sweet Potatoes Green Beans Dinner Roll Assorted Fruit Choice of Milk	<b>27</b> BBQ or Buffalo Chicken Sandwich Potato Wedges Broccoli Cuts Assorted Fruit Choice of Milk	<b>28</b> Shepherd's Pie Green Peas Diced Carrots Dinner Roll Assorted Fruit Choice of Milk
<b>31</b> Chicken Sandwich (Plain or Spicy) Potato wedges Spinach Sliced Tomatoes Assorted Fruit Choice of Milk	<b>Feb.1</b> Tex Mex Bowl Rice Black Beans Cut Corn Assorted Fruit Choice of Milk	<b>Feb.2</b> Pasta Bar Baby Carrots Side Salad Garlic Bread Assorted Fruit Choice of Milk	<b>Feb.3</b> Pulled Pork BBQ Baked Beans Cole Slaw Tater Tots Assorted Fruit Choice of Milk	<b>Feb.4</b> Fiestada Pizza OR Mozzarella Breadsticks Baby Carrots w/Ranch Dip Cut Corn Assorted Fruit Choice of Milk

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