



McKeel Academy of Technology April Lunch Menu 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday
March 28 Chicken Sandwich Potato Wedges Spinach Sliced Tomatoes Assorted Fruit Choice of Milk	March 29 Tex Mex Bowl Rice Black Beans Cut Corn Assorted Fruit Choice of Milk	March 30 Pasta Bar Baby Carrots Side Salad Garlic Bread Assorted Fruit Choice of Milk	March 31 Corn Dogs Baked Beans Cole Slaw Tater Tots Assorted Fruit Choice of Milk	April 1 Fiestada Pizza OR Mozzarella Breadsticks Baby Carrots w/Ranch Dip Cut Corn Assorted Fruit Choice of Milk
4 Chicken Nuggets Green Peas Tater Tots Baby Carrots Dinner Roll Assorted Fruits Choice of Milk	5 Taco Bar Black Beans Cut Corn Lettuce, Tomato Cups Assorted Fruits Choice of Milk	6 Baked Chicken Mashed Potatoes Green Beans Dinner Roll Assorted Fruits Choice of Milk	7 Teriyaki or Sweet & Sour Chicken Rice Broccoli Cuts Egg Rolls Assorted Fruit Choice of Milk	8 Hamburger or Hot Dog Potato Wedges Sliced Tomatoes Assorted Fruit Choice of Milk
11 Chicken Parmesan Italian Mix Vegetables Side Salad Breadsticks Assorted Fruit Choice of Milk	12 Beef Nachos Cut Corn Refried Beans Assorted Fruit Choice of Milk	13 Lasagna Garlic Bread Side Salad Red Potatoes Steamed Carrots Assorted Fruit Choice of Milk	14 Chicken Fajitas Black Beans Rice Roasted peppers/onions Assorted Fruit Choice of Milk	15 McKeel Closed for Students and Staff
18 McKeel Closed for Students and Staff *Polk Schools in Seesion	19 Tex Mex Bowl Rice Black Beans Cut Corn Assorted Fruit Choice of Milk	20 Pasta Bar Baby Carrots Side Salad Garlic Bread Assorted Fruit Choice of Milk	21 Corn Dogs Baked Beans Cole Slaw Tater Tots Assorted Fruit Choice of Milk	22 Fiestada Pizza OR Mozzarella Breadsticks Baby Carrots w/Ranch Dip Cut Corn Assorted Fruit Choice of Milk
25 Chicken Nuggets Green Peas Tater Tots Baby Carrots Dinner Roll Assorted Fruits Choice of Milk	26 Taco Bar Black Beans Cut Corn Lettuce, Tomato Cups Assorted Fruits Choice of Milk	27 Baked Chicken Mashed Potatoes Green Beans Dinner Roll Assorted Fruits Choice of Milk	28 Teriyaki or Sweet & Sour Chicken Rice Broccoli Cuts Egg Rolls Assorted Fruit Choice of Milk	29 Hamburger or Hot Dog Potato Wedges Sliced Tomatoes Assorted Fruit Choice of Milk

A full lunch includes an entrée (meats & grains), 1 fruit & two vegetable sides and a choice of milk.
Milk choices include Low-Fat White or Fat Free Chocolate Milk Daily.

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