

McKeel Academy of Technology

September Lunch Menu 2025

Menu items subject to change based on availability

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

Combine with a selection of fruits and vegetables to make a complete meal.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Labor Day Holiday No School for Students & Staff	2 Entrée Tex Mex Bowl Sides WG Rice or Tortilla Cut Corn Black Beans Assorted Fruits Choice of Milk	3 Entrée Hamburgers Sides Potato Wedges Chopped Spinach Lettuce/Tomato Tray Assorted Fruits Choice of Milk	4 Entrée Chicken Fajitas Sides Black Beans WG Rice/Tortilla Baby Carrots w/dip Roasted Red Peppers Assorted Fruit Choice of Milk	5 Entrée Spaghetti w/ Meat Sauce Sides WG Dinner Roll Diced Carrots Cucumbers w/dip Assorted Fruit Choice of Milk
8 Entrée Chicken Sandwich Sides Curly Fries Green Beans Sliced Tomatoes Assorted Fruit Choice of Milk	9 Entrée Beef Nachos Sides Cut Corn Refried Beans WG Roll Assorted Fruit Choice of Milk	10 Entrée Chicken Alfredo Sides Broccoli Cuts Side Salad Assorted Fruit Choice of Milk	11 Entrée Popcorn Chicken Bowl Sides Mashed Potatoes Cut Corn Assorted Fruit Choice of Milk	12 Entrée Baked Lasagna Sides Garlic Bread Cut Carrots Side Salad Assorted Fruit Choice of Milk
15 Entrée Chicken Nuggets w/Roll Sides Red Potatoes Green Peas Assorted Fruit Choice of Milk	16 Entrée Beef Tacos Sides Black Beans/Rice Cut Corn Baby Carrots w/dip Assorted Fruit Choice of Milk	17 Entrée Pulled Pork Baked Potato Sides Side Salad Broccoli Cuts Cole Slaw Assorted Fruit Choice of Milk	18 Entrée Meatball Subs or Mozzarella Breadsticks Sides Broccoli Cuts Whole Baby Carrots Assorted Fruit Choice of Milk	19 Entrée Baked Chicken Sides Sweet Potatoes Green Beans WG Biscuit or Roll Assorted Fruit Choice of Milk
22 Entrée Chicken Tenders w/Mac & Cheese Sides Seasoned Cabbage Blackeye Peas Assorted Fruits Choice of Milk	23 Entrée Tex Mex Bowl Sides WG Rice or Tortilla Cut Corn Black Beans Assorted Fruits Choice of Milk	24 Entrée Hamburgers Sides Potato Wedges Chopped Spinach Lettuce/Tomato Tray Assorted Fruits Choice of Milk	25 Entrée Chicken Fajitas Sides Black Beans WG Rice/Tortilla Baby Carrots w/dip Roasted Red Peppers Assorted Fruit Choice of Milk	26 Entrée Spaghetti w/ Meat Sauce Sides WG Dinner Roll Diced Carrots Cucumbers w/dip Assorted Fruit Choice of Milk
29 Entrée Chicken Sandwich Sides Curly Fries Green Beans Sliced Tomatoes Assorted Fruit Choice of Milk	30 Entrée Beef Nachos Sides Cut Corn Refried Beans WG Roll Assorted Fruit Choice of Milk	Oct.1 Entrée Chicken Alfredo Sides Broccoli Cuts Side Salad Assorted Fruit Choice of Milk	Oct.2 Entrée Popcorn Chicken Bowl Sides Mashed Potatoes Cut Corn Assorted Fruit Choice of Milk	Oct.3 Entrée Baked Lasagna Sides Garlic Bread Cut Carrots Side Salad Assorted Fruit Choice of Milk

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

Nondiscrimination Statement

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1. mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

2. fax:

(833) 256-1665 or (202) 690-7442; or

3. email:

program.intake@usda.gov

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