

McKeel Academy of Technology

October 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
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
6 Entrée Chicken Nuggets w/Roll Sides Red Potatoes Green Peas Assorted Fruit Choice of Milk	7 Entrée Beef Tacos Sides Black Beans/Rice Cut Corn Baby Carrots w/dip Assorted Fruit Choice of Milk	8 Entrée Pulled Pork Baked Potato Sides Side Salad Broccoli Cuts Cole Slaw Assorted Fruit Choice of Milk	9 Entrée Meatball Subs or Mozzarella Breadsticks Sides Broccoli Cuts Whole Baby Carrots Assorted Fruit Choice of Milk	10 Entrée Baked Chicken Sides Sweet Potatoes Green Beans WG Biscuit or Roll Assorted Fruit Choice of Milk
13 McKeel Closed Students & Staff	14 Entrée Tex Mex Bowl Sides WG Rice or Tortilla Cut Corn Black Beans Assorted Fruits Choice of Milk	15 Entrée Hamburgers Sides Potato Wedges Chopped Spinach Lettuce/Tomato Tray Assorted Fruits Choice of Milk	16 Entrée Chicken Fajitas Sides Black Beans WG Rice/Tortilla Baby Carrots w/dip Roasted Red Peppers Assorted Fruit Choice of Milk	17 Entrée Spaghetti w/ Meat Sauce Sides WG Dinner Roll Diced Carrots Cucumbers w/dip Assorted Fruit Choice of Milk
20 Entrée Chicken Sandwich Sides Curly Fries Green Beans Sliced Tomatoes Assorted Fruit Choice of Milk	21 Entrée Beef Nachos Sides Cut Corn Refried Beans WG Roll Assorted Fruit Choice of Milk	22 Entrée Chicken Alfredo Sides Broccoli Cuts Side Salad Assorted Fruit Choice of Milk	23 Entrée Popcorn Chicken Bowl Sides Mashed Potatoes Cut Corn Assorted Fruit Choice of Milk	24 Entrée Baked Lasagna Sides Garlic Bread Cut Carrots Side Salad Assorted Fruit Choice of Milk
27 Entrée Chicken Nuggets w/Roll Sides Red Potatoes Green Peas Assorted Fruit Choice of Milk	28 Entrée Beef Tacos Sides Black Beans/Rice Cut Corn Baby Carrots w/dip Assorted Fruit Choice of Milk	29 Entrée Pulled Pork Baked Potato Sides Side Salad Broccoli Cuts Cole Slaw Assorted Fruit Choice of Milk	30 Entrée Meatball Subs or Mozzarella Breadsticks Sides Broccoli Cuts Whole Baby Carrots Assorted Fruit Choice of Milk	31 Entrée Baked Chicken Sides Sweet Potatoes Green Beans WG Biscuit or Roll 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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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

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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