

McKeel Academy of Technology

September Lunch Menu 2026

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

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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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