



**McKeel Academy of Technology
January Lunch Menu 2023**

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
2 Winter Break	3 Winter Break	4 Staff Returns	5 Entrée Corn Dogs Baked Beans Cole Slaw Tater Tots Assorted Fruit Choice of Milk	6 Entrée Meatball Subs or Mozzarella Breadsticks Baby Carrots w/ranch dip Cut Corn Assorted Fruit Choice of Milk
9 Entrée Chicken Nuggets w/Dinner Roll Green Peas Tater Tots Baby Carrots Assorted Fruits Choice of Milk	10 Entrée Taco Bar Black Beans/Rice Cut Corn Lettuce, Tomato Cups Assorted Fruits Choice of Milk	11 Entrée Baked Chicken Mashed Potatoes Green Beans Biscuit Assorted Fruits Choice of Milk	12 Entrée Teriyaki or Sweet & Sour Chicken Rice/Dinner Roll Broccoli Cuts Cucumbers w/dip Assorted Fruit Choice of Milk	13 Entrée Hamburger or Hot Dog Potato Wedges Sliced Tomatoes Assorted Fruit Choice of Milk
16 Holiday Dr. Martin Luther King, Jr. Day	17 Entrée Beef Nachos Cut Corn Refried Beans WG Roll Assorted Fruit Choice of Milk	18 Entrée Baked Lasagna Garlic Bread Side Salad Broccoli Cuts Steamed Carrots Assorted Fruit Choice of Milk	19 Entrée Chicken Fajitas Black Beans Rice/Tortilla Baby Carrots w/dip Roasted peppers/onions Assorted Fruit Choice of Milk	20 Entrée Chicken Tenders Mac & Cheese Sweet Potatoes Black Eyed Peas Assorted Fruit Choice of Milk
23 Entrée Chicken Sandwich Potato Wedges Spinach Sliced Tomatoes Assorted Fruit Choice of Milk	24 Entrée Tex Mex Bowl Rice/Tortilla Black Beans Cut Corn Assorted Fruit Choice of Milk	25 Entrée Spaghetti w/Meat Sauce or Marinara Sauce Baby Carrots Side Salad Garlic Bread Assorted Fruit Choice of Milk	26 Entrée Corn Dogs Baked Beans Cole Slaw Tater Tots Assorted Fruit Choice of Milk	27 Entrée Meatball Subs or Mozzarella Breadsticks Baby Carrots w/ranch dip Cut Corn Assorted Fruit Choice of Milk
30 Entrée Chicken Nuggets w/Dinner Roll Green Peas Tater Tots Baby Carrots Assorted Fruits Choice of Milk	31 Entrée Taco Bar Black Beans/Rice Cut Corn Lettuce, Tomato Cups Assorted Fruits Choice of Milk	Feb.1 Entrée Spaghetti w/Meat Sauce or Marinara Sauce Baby Carrots Side Salad Garlic Bread Assorted Fruit Choice of Milk	Feb.2 Entrée Corn Dogs Baked Beans Cole Slaw Tater Tots Assorted Fruit Choice of Mi	Feb.3 Entrée 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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