



**McKeel Academy Central & South McKeel Academy
January Lunch Menu 2023**

Menu items subject to change based on availability

Monday	Tuesday	Wednesday	Thursday	Friday
2 Winter Break	3 Winter Break PreK staff Returns	4 Staff Returns K-12 No school for Students K-12 PreK Students Return	5 Entrée Choices Baked Chicken w/Roll Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Mashed Potatoes Mixed Vegetables Assorted Fruit Choice of Milk	6 Entrée Choices Pizza (all grades) Yogurt Lunch Uncrustable Sides Cut Corn Baby Carrots w/dip Assorted Fruit Choice of Milk
9 Entrée Choices WG Mini Corn Dogs Yogurt Lunch Uncrustable Pizza (Grades 3 and Up) Sides Baked Beans Celery Sticks w/dip Assorted Fruit Choice of Milk	10 Entrée Choices Beef Tacos Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Pinto Beans Cut Corn Assorted Fruit Choice of Milk	11 Entrée Choices Chicken Sandwich Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Tater Tots Lettuce/Tomato Assorted Fruit Choice of Milk	12 Entrée Choices Brunch Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Cucumbers w/dip Breakfast Potatoes Assorted Fruit Choice of Milk	13 Entrée Choices Pizza (all grades) Yogurt Lunch Uncrustable Sides French Fries Baby Carrots w/dip Assorted Fruit Choice of Milk
16 Holiday Dr. Martin Luther King, Jr. Day	17 Entrée Choices Beef Nachos Yogurt Lunch Uncrustable Pizza (grades 3 and up) Sides Refried Beans Cut Corn Assorted Fruit Choice of Milk	18 Entrée Choices Cheeseburger Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides French Fries Salad w/sliced tomatoes Assorted Fruit Choice of Milk	19 Entrée Choices Spaghetti w/ Meat Sauce Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Cut Carrots Green Beans Assorted Fruit Choice of Milk	20 Entrée Choices Pizza (all grades) Yogurt Lunch Uncrustable Sides Tater Tots Baby Carrots w/dip Assorted Fruit Choice of Milk
23 Entrée Choices Chicken Tenders w/ Mac & Cheese Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Broccoli w/Dip Green Peas Assorted Fruit Choice of Milk	24 Entrée Choices Tex Mex Bowl (Seasoned Beef or Chicken) Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Black Beans Cut Corn Assorted Fruit Choice of Milk	25 Entrée Choices Deli Bar (Build your own Sandwich) Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Carrots w/dip Cucumbers w/dip Assorted Fruit Choice of Milk	26 Entrée Choices Baked Chicken w/Roll Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Mashed Potatoes Mixed Vegetables Assorted Fruit Choice of Milk	27 Entrée Choices Pizza (all grades) Yogurt Lunch Uncrustable Sides Cut Corn Baby Carrots w/dip Assorted Fruit Choice of Milk

30 Entrée Choices WG Mini Corn Dogs Yogurt Lunch Uncrustable Pizza (Grades 3 and Up) Sides Baked Beans Celery Sticks w/dip Assorted Fruit Choice of Milk	31 Entrée Choices Beef Tacos Yogurt Lunch Ucrustable Pizza (Grades 3 and up) Sides Pinto Beans Cut Corn Assorted Fruit Choice of Milk	Feb.1 Entrée Choices Chicken Sandwich Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Tater Tots Lettuce/Tomato Assorted Fruit Choice of Milk	Feb.2 Entrée Choices Brunch Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Cucumbers w/dip Breakfast Potatoes Assorted Fruit Choice of Milk	Feb.3 Entrée Choices Pizza (all grades) Yogurt Lunch Uncrustable Sides French Fries Baby Carrots w/dip Assorted Fruit Choice of Milk
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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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In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

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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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