



**McKeel Academy of Technology
February 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
Jan.30 Entrée Chicken Nuggets w/Dinner Roll Green Peas Tater Tots Baby Carrots Assorted Fruits Choice of Milk	Jan. 31 Entrée Taco Bar Black Beans/Rice Cut Corn Lettuce, Tomato Cups Assorted Fruits Choice of Milk	Feb.1 Entree Grilled Chicken Breasts Mashed Potatoes Green Beans WG Biscuit Assorted Fruits Choice of Milk	2 Entrée Teriyaki or Sweet & Sour Chicken Rice/Dinner Roll Broccoli Cuts Cucumbers w/dip Assorted Fruit Choice of Milk	3 Entrée Hamburger or Hot Dog Potato Wedges Sliced Tomatoes Assorted Fruit Choice of Milk
6 Entrée Chicken Parmesan Italian Mix Vegetables Side Salad Breadsticks/WG Bun Assorted Fruit Choice of Milk	7 Entrée Beef Nachos Cut Corn Refried Beans WG Roll Assorted Fruit Choice of Milk	8 Entrée Baked Lasagna Garlic Bread Side Salad Broccoli Cuts Steamed Carrots Assorted Fruit Choice of Milk	9 Entrée Chicken Fajitas Black Beans Rice/Tortilla Baby Carrots w/dip Roasted peppers/onions Assorted Fruit Choice of Milk	10 Entrée Chicken Tenders Mac & Cheese Sweet Potatoes Black Eyed Peas Assorted Fruit Choice of Milk
13 Entrée Chicken Sandwich Potato Wedges Spinach Sliced Tomatoes Assorted Fruit Choice of Milk	14 Entrée Tex Mex Bowl Rice/Tortilla Black Beans Cut Corn Assorted Fruit Choice of Milk	15 Entrée Spaghetti w/Meat Sauce or Marinara Sauce Baby Carrots Side Salad Garlic Bread Assorted Fruit Choice of Milk	16 Entrée Corn Dogs Baked Beans Cole Slaw Tater Tots Assorted Fruit Choice of Milk	17 McKeel Schools Closed for Students & Staff Grades PreK-12
20 Holiday President's Day	21 Entrée Taco Bar Black Beans/Rice Cut Corn Lettuce, Tomato Cups Assorted Fruits Choice of Milk	22 Entrée Grilled Chicken Breasts Mashed Potatoes Green Beans WG Biscuit Assorted Fruits Choice of Milk	23 Entrée Teriyaki or Sweet & Sour Chicken Rice/Dinner Roll Broccoli Cuts Cucumbers w/dip Assorted Fruit Choice of Milk	24 Entrée Hamburger or Hot Dog Potato Wedges Sliced Tomatoes Assorted Fruit Choice of Milk
27 Entrée Chicken Parmesan Italian Mix Vegetables Side Salad Breadsticks/WG Bun Assorted Fruit Choice of Milk	28 Entrée Beef Nachos Cut Corn Refried Beans WG Roll 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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