



**McKeel Academy Central & South McKeel Academy  
January Lunch Menu 2022**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>3</b> <b>Teacher Workday</b> <b>No Students</b>	<b>4</b> <b>Entrée Choices</b> Beef Tacos Yogurt Lunch Uncrustable Pizza (Grades 3 and up) <b>Sides</b> Pinto Beans Cob Corn Assorted Fruit Choice of Milk	<b>5</b> <b>Entrée Choices</b> Chicken Sandwich Yogurt Lunch Uncrustable Pizza (Grades 3 and up) <b>Sides</b> Tater Tots Broccoli Cuts Assorted Fruit Choice of Milk	<b>6</b> <b>Entrée Choices</b> Salisbury Steak Yogurt Lunch Uncrustable Pizza (Grades 3 and up) <b>Sides</b> Rice Sweet Potatoes Cabbage Assorted Fruit Choice of Milk	<b>7</b> <b>Entrée Choices</b> Pizza (All Grades) Yogurt Lunch Uncrustable <b>Sides</b> Potato Wedges Baby Carrots w/dip Assorted Fruit
<b>10</b> <b>Entrée Choices</b> Chicken Nuggets w/roll Yogurt Lunch Uncrustable Pizza (Grades 3 & up) <b>Sides</b> Mashed Potatoes Broccoli w/dip Assorted fruit Choice of Milk	<b>11</b> <b>Entrée Choices</b> Beef Nachos Yogurt Lunch Uncrustable Pizza (Grades 3 and up) <b>Sides</b> Refried Beans Cut Corn Assorted Fruit Choice of Milk	<b>12</b> <b>Entrée Choices</b> Cheeseburgers Yogurt Lunch Uncrustable Pizza (Grades 3 and up) <b>Sides</b> French Fries Salad w/ Sliced Tomatoes Assorted Fruit Choice of Milk	<b>13</b> <b>Entrée Choices</b> Roast Pork w/Roll Yogurt lunch Uncrustable Pizza (Grades 3 and up) <b>Sides</b> Red Potatoes Green Beans Assorted Fruit Choice of Milk	<b>14</b> <b>Entrée Choices</b> Pizza (All Grades) Yogurt Lunch Uncrustable <b>Sides</b> Cut Corn Baby Carrots w/dip Assorted Fruit Choice of Milk
<b>17</b> <b>Holiday</b> <b>Martin Luther King, Jr.</b> <b>Day</b>	<b>18</b> <b>Entrée Choices</b> Tex Mex Bowl (Seasoned Beef or Chicken) Yogurt Lunch Uncrustable Pizza (Grades 3 and up) <b>Sides</b> Black Beans Cut Corn Assorted Fruit Choice of Milk	<b>19</b> <b>Entrée Choices</b> Spaghetti w/Meat Sauce Yogurt Lunch Uncrustable Pizza (Grades 3 and up) <b>Sides</b> Steamed Carrots Cucumbers w/dip Assorted Fruit Choice of Milk	<b>20</b> <b>Entrée Choices</b> Baked Chicken w/Roll Yogurt Lunch Uncrustable Pizza (Grades 3 and up) <b>Sides</b> Mashed Potatoes Mixed Vegetables Assorted Fruit Choice of Milk	<b>21</b> <b>Entrée Choices</b> Pizza (All Grades) Yogurt Lunch Uncrustable <b>Sides</b> French Fries Baby Carrots w/dip Assorted Fruit Choice of Milk
<b>24</b> <b>Entrée Choices</b> WG Mini Corn Dogs Yogurt Lunch Uncrustable Pizza (Grade 3 and up) <b>Sides</b> Baked Beans Celery Sticks w/dip Assorted Fruit Choice of Milk	<b>25</b> <b>Entrée Choices</b> Beef Tacos Yogurt Lunch Uncrustable Pizza (Grades 3 and up) <b>Sides</b> Pinto Beans Cob Corn Assorted Fruit Choice of Milk	<b>26</b> <b>Entrée Choices</b> Chicken Sandwich Yogurt Lunch Uncrustable Pizza (Grades 3 and up) <b>Sides</b> Tater Tots Broccoli Cuts Assorted Fruit Choice of Milk	<b>27</b> <b>Entrée Choices</b> Salisbury Steak Yogurt Lunch Uncrustable Pizza (Grades 3 and up) <b>Sides</b> Rice Sweet Potatoes Cabbage Assorted Fruit Choice of Milk	<b>28</b> <b>Entrée Choices</b> Pizza (All Grades) Yogurt Lunch Uncrustable <b>Sides</b> Potato Wedges Baby Carrots w/dip Assorted Fruit

<b>31</b> <b>Entrée Choices</b> Chicken Nuggets w/roll Yogurt Lunch Uncrustable Pizza (Grades 3 & up) <b>Sides</b> Mashed Potatoes Broccoli w/dip Assorted fruit Choice of Milk	<b>Feb.1</b> <b>Entrée Choices</b> Beef Nachos Yogurt Lunch Uncrustable Pizza (Grades 3 and up) <b>Sides</b> Refried Beans Cut Corn Assorted Fruit Choice of Milk	<b>Feb.2</b> <b>Entrée Choices</b> Cheeseburgers Yogurt Lunch Uncrustable Pizza (Grades 3 and up) <b>Sides</b> French Fries Salad w/ Sliced Tomatoes Assorted Fruit Choice of Milk	<b>Feb.3</b> <b>Entrée Choices</b> Roast Pork w/Roll Yogurt lunch Uncrustable Pizza (Grades 3 and up) <b>Sides</b> Red Potatoes Green Beans Assorted Fruit Choice of Milk	<b>Feb.4</b> <b>Entrée Choices</b> Pizza (All Grades) Yogurt Lunch Uncrustable <b>Sides</b> Cut Corn 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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