



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

Menu items subject to change based on availability

Students may request a small chef or popcorn chicken salad as a substitution of daily entrée choice

Monday	Tuesday	Wednesday	Thursday	Friday
Aug. 28 Entrée Choices Corn Dogs Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides French Fries Baked Beans Assorted Fruit Choice of Milk	Aug. 29 Entrée Choices Beef Tacos Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Pinto Beans Cut Corn Assorted Fruit Choice of Milk	Aug. 30 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	Aug. 31 Entrée Choices Chicken Nuggets w/Roll Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Mashed Potatoes Broccoli Cuts w/Cheese Sauce Assorted Fruit Choice of Milk	Sept. 1 Entrée Choices Pizza (all grades) Yogurt Lunch Uncrustable Sides Cut Corn Baby Carrots w/dip Assorted Fruit Choice of Milk
4 No School for Students & Staff Labor Day Holiday	5 Entrée Choices Tex Mex Bowl Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Black Beans Cut Corn Assorted Fruit Choice of Milk	6 Entrée Choices Hot Dogs Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Tater Tots Baked Beans Assorted Fruit Choice of Milk	7 Entrée Choices Baked Chicken w/Biscuit Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Green Beans Mashed Potatoes Assorted Fruit Choice of Milk	8 Entrée Choices Hamburgers Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides French Fries Lettuce/Tomato Tray Assorted Fruit Choice of Milk
11 Entrée Choices Chicken Sandwich Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Potato Wedges Spinach Lettuce/Tomato tray Assorted fruit Choice of Milk	12 Entrée Choices Beef Nachos Yogurt Lunch Uncrustable Pizza (grades 3 and up) Sides Refried Beans Cut Corn Assorted Fruit Choice of Milk	13 Entrée Choices Spaghetti w/ Meat Sauce Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Diced Carrots Green Beans Assorted Fruit Choice of Milk	14 Entrée Choices Brunch (Eggs, Sausage, Pancakes) Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Red Potatoes Cucumbers w/Dip Assorted Fruit Choice of Milk	15 Entrée Choices Pizza (all grades) Yogurt Lunch Uncrustable Sides Cut Corn Baby Carrots w/dip Assorted Fruit Choice of Milk
18 Entrée Choices Corn Dogs Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides French Fries Baked Beans Assorted Fruit Choice of Milk	19 Entrée Choices Beef Tacos Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Pinto Beans Cut Corn Assorted Fruit Choice of Milk	20 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	21 Entrée Choices Chicken Nuggets w/Roll Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Mashed Potatoes Broccoli Cuts w/Cheese Sauce Assorted Fruit Choice of Milk	22 Entrée Choices Pizza (all grades) Yogurt Lunch Uncrustable Sides Cut Corn Baby Carrots w/dip Assorted Fruit Choice of Milk

<p>25</p> <p>Entrée Choices Chicken Tenders w/Mac & Cheese Yogurt Lunch Uncrustable Pizza (Grades 3 and Up)</p> <p>Sides Diced Carrots Seasoned Broccoli Cuts Assorted Fruit Choice of Milk</p>	<p>26</p> <p>Entrée Choices Tex Mex Bowl Yogurt Lunch Ucrustable Pizza (Grades 3 and up)</p> <p>Sides Black Beans Cut Corn Assorted Fruit Choice of Milk</p>	<p>27</p> <p>Entrée Choices Hot Dogs Yogurt Lunch Uncrustable Pizza (Grades 3 and up)</p> <p>Sides Tater Tots Baked Beans Assorted Fruit Choice of Milk</p>	<p>28</p> <p>Entrée Choices Baked Chicken w/Biscuit Yogurt Lunch Uncrustable Pizza (Grades 3 and up)</p> <p>Sides Green Beans Mashed Potatoes Assorted Fruit Choice of Milk</p>	<p>29</p> <p>Entrée Choices Hamburgers Yogurt Lunch Uncrustable Pizza (Grades 3 and up)</p> <p>Sides French Fries Lettuce/Tomato Tray Assorted Fruit Choice of Milk</p>
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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.

Nondiscrimination Statement

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.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

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

This institution is an equal opportunity provider.