

McKeel Academy of Technology

August Lunch Menu 2024

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
5 Student Orientation Grades 7,8,11, & 12	6 Student Orientation Grades 9& 10	7 Entrée Hamburgers Sides Potato Wedges Chopped Spinach Lettuce/Tomato Tray Assorted Fruits Choice of Milk	8 Entrée Sweet & Sour Chicken Sides Rice/Dinner Roll Broccoli Cuts Cucumbers w/dip Assorted Fruit Choice of Milk	9 Entrée Spaghetti w/Meat Sauce Sides WG Breadstick Cut Carrots Side Salad Assorted Fruit Choice of Milk
12 Entrée Chicken Sandwich (Reg. or Spicy) Sides Curly Fries Broccoli w/Cheese Sauce Fresh Cucumbers w/dip Assorted Fruit Choice of Milk	13 Entrée Beef Nachos Sides Cut Corn Refried Beans WG Roll Assorted Fruit Choice of Milk	14 Entrée Chicken Fajitas Sides Black Beans Rice/Tortilla Baby Carrots w/Ranch Dip Roasted Red Peppers Assorted Fruit Choice of Milk	15 Entrée Popcorn Chicken Bowl Sides Mashed Potatoes Cut Corn Assorted Fruit Choice of Milk	16 Entrée Baked Lasagna Sides Garlic Bread Cut Carrots Side Salad Assorted Fruit Choice of Milk
19 Entrée Teriyaki Chicken Sides WG Rice Diced Carrots Assorted Fruit Choice of Milk	20 Entrée Beef Tacos Sides Black Beans/Rice Cut Corn Baby Carrots w/dip Assorted Fruit Choice of Milk	21 Entrée Grilled Chicken Breasts Sides Red Potatoes Green Beans WG Biscuit or Roll Assorted Fruit Choice of Milk	22 Entrée Chicken Nuggets w/Roll Sides Mashed Potatoes Green Peas Assorted Fruit Choice of Milk	23 Entrée Meatball Subs or Mozzarella Breadsticks Sides Broccoli Cuts Whole Baby Carrots Assorted Fruit Choice of Milk
26 Entrée Chicken Tenders w/Mac & Cheese Sides Seasoned Cabbage Blackeye Peas Assorted Fruits Choice of Milk	27 Entrée Tex Mex Bowl Sides WG Rice or Tortilla Cut Corn Black Beans Assorted Fruits Choice of Milk	28 Entrée Hamburgers Sides Potato Wedges Chopped Spinach Lettuce/Tomato Tray Assorted Fruits Choice of Milk	29 Entrée Sweet & Sour Chicken Sides Rice/Dinner Roll Broccoli Cuts Cucumbers w/dip Assorted Fruit Choice of Milk	30 Entrée Spaghetti w/ Meat Sauce Sides WG Breadstick Cut Carrots Side Salad Assorted Fruit Choice of Milk

A full lunch includes an entrée (meats & grains), 1 cup 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.