

McKeel Academy of Technology September 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
2 Labor Day Holiday	3 Entrée Beef Nachos Sides Cut Corn Refried Beans WG Roll Assorted Fruit Choice of Milk	4 Entrée Chicken Fajitas Sides Black Beans Rice/Tortilla Baby Carrots w/Ranch Dip Roasted Red Peppers Assorted Fruit Choice of Milk	5 Entrée Popcorn Chicken Bowl Sides Mashed Potatoes Cut Corn Assorted Fruit Choice of Milk	6 Entrée Baked Lasagna Sides Garlic Bread Cut Carrots Side Salad Assorted Fruit Choice of Milk
9 Entrée Teriyaki Chicken Sides WG Rice Diced Carrots Assorted Fruit Choice of Milk	10 Entrée Beef Tacos Sides Black Beans/Rice Cut Corn Baby Carrots w/dip Assorted Fruit Choice of Milk	11 Entrée Meatball Subs or Mozzarella Breadsticks Sides Broccoli Cuts Whole Baby Carrots Assorted Fruit Choice of Milk	12 Entrée Chicken Nuggets w/Roll Sides Mashed Potatoes Green Peas Assorted Fruit Choice of Milk	13 Entrée Grilled Chicken Breasts Sides Red Potatoes Green Beans WG Biscuit or Roll Assorted Fruit Choice of Milk
16 Entrée Chicken Tenders w/Mac & Cheese Sides Seasoned Cabbage Blackeye Peas Assorted Fruits Choice of Milk	17 Entrée Tex Mex Bowl Sides WG Rice or Tortilla Cut Corn Black Beans Assorted Fruits Choice of Milk	18 Entrée Hamburgers Sides Potato Wedges Chopped Spinach Lettuce/Tomato Tray Assorted Fruits Choice of Milk	19 Entrée Sweet & Sour Chicken Sides Rice/Dinner Roll Broccoli Cuts Cucumbers w/dip Assorted Fruit Choice of Milk	20 Entrée Spaghetti w/ Meat Sauce Sides WG Breadstick Cut Carrots Side Salad Assorted Fruit Choice of Milk
23 Entrée Chicken Sandwich (Reg. or Spicy) Sides Curly Fries Broccoli w/Cheese Sauce Fresh Cucumbers w/dip Assorted Fruit Choice of Milk	24 Entrée Beef Nachos Sides Cut Corn Refried Beans WG Roll Assorted Fruit Choice of Milk	25 Entrée Chicken Fajitas Sides Black Beans Rice/Tortilla Baby Carrots w/Ranch Dip Roasted Red Peppers Assorted Fruit Choice of Milk	26 Entrée Popcorn Chicken Bowl Sides Mashed Potatoes Cut Corn Assorted Fruit Choice of Milk	27 Entrée Baked Lasagna Sides Garlic Bread Cut Carrots Side Salad Assorted Fruit Choice of Milk
30 Entrée Teriyaki Chicken Sides WG Rice Diced Carrots Assorted Fruit Choice of Milk	Oct.1 Entrée Beef Tacos Sides Black Beans/Rice Cut Corn Baby Carrots w/dip Assorted Fruit Choice of Milk	Oct.2 Entrée Meatball Subs or Mozzarella Breadsticks Sides Broccoli Cuts Whole Baby Carrots Assorted Fruit Choice of Milk	Oct.3 Entrée Chicken Nuggets w/Roll Sides Mashed Potatoes Green Peas Assorted Fruit Choice of Milk	Oct.4 Entrée Grilled Chicken Breasts Sides Red Potatoes Green Beans WG Biscuit or Roll 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.

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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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