

McKeel Academy Central & South McKeel Academy September Lunch Menu 2024

Menu items subject to change based on availability

Students may request a small Chef or Garden Salad as a substitution of daily entrée choice

Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day Holiday	3 Entrée Choices Beef Nachos Yogurt Lunch Uncrustable Pizza (grades 3 and up) Sides Refried Beans Cut Corn Assorted Fruit Choice of Milk	4 Entrée Choices Spaghetti w/ Meat Sauce Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Diced Carrots Green Beans Assorted Fruit Choice of Milk	5 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	6 Entrée Choices Pizza (all grades) Yogurt Lunch Uncrustable Sides Cut Corn Baby Carrots w/dip Assorted Fruit Choice of Milk
9 Entrée Choices Corn Dogs Yogurt Lunch Uncrustable Sides French Fries Baked Beans Assorted Fruit Choice of Milk	10 Entrée Choices Beef Tacos Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Pinto Beans Cut Corn Assorted Fruit Choice of Milk	11 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	12 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	13 Entrée Choices Pizza (all grades) Yogurt Lunch Uncrustable Sides Cut Corn Baby Carrots w/dip Assorted Fruit Choice of Milk
16 Entrée Choices Chicken Tenders w/Mac & Cheese Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Diced Carrots Seasoned Broccoli Cuts Assorted fruit Choice of Milk	17 Entrée Choices Tex Mex Bowl Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Black Beans Cut Corn Assorted Fruit Choice of Milk	18 Entrée Choices Hamburgers Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Tater Tots Baked Beans Lettuce/Tomato Tray Assorted Fruit Choice of Milk	19 Entrée Choices Baked Chicken w/Biscuit Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Green Beans Mashed Potatoes Assorted Fruit Choice of Milk	20 Entrée Choices Pizza (all grades) Yogurt Lunch Uncrustable Sides Cut Corn Baby Carrots w/dip Assorted Fruit Choice of Milk
23 Entrée Choices Chicken Sandwich Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Potato Wedges Spinach Lettuce/Tomato tray Assorted fruit Choice of Milk	24 Entrée Choices Beef Nachos Yogurt Lunch Uncrustable Pizza (grades 3 and up) Sides Refried Beans Cut Corn Assorted Fruit Choice of Milk	25 Entrée Choices Spaghetti w/ Meat Sauce Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Diced Carrots Green Beans Assorted Fruit Choice of Milk	26 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	27 Entrée Choices Pizza (all grades) Yogurt Lunch Uncrustable Sides Cut Corn Baby Carrots w/dip Assorted Fruit Choice of Milk
30 Entrée Choices Corn Dogs Yogurt Lunch Uncrustable Sides French Fries Baked Beans Assorted Fruit Choice of Milk	Oct.1 Entrée Choices Beef Tacos Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Pinto Beans Cut Corn Assorted Fruit Choice of Milk	Oct.2 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	Oct.3 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	Oct.4 Entrée Choices Pizza (all grades) Yogurt Lunch Uncrustable Sides Cut Corn Baby Carrots w/dip 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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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

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