

**McKeel Academy of Technology  
November 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.**

| <b>Monday</b>  | <b>Tuesday</b>  | <b>Wednesday</b>  | <b>Thursday</b>  | <b>Friday</b>  |
|--|---|---|--|--|
| <b>Oct.28</b><br><b>Entrée</b><br>Chicken Tenders w/Mac & Cheese<br><b>Sides</b><br>Seasoned Cabbage<br>Blackeye Peas<br>Assorted Fruits<br>Choice of Milk           | <b>Oct.29</b><br><b>Entrée</b><br>Tex Mex Bowl<br><b>Sides</b><br>WG Rice or Tortilla<br>Cut Corn<br>Black Beans<br>Assorted Fruits<br>Choice of Milk | <b>Oct.30</b><br><b>Entrée</b><br>Hamburgers<br><b>Sides</b><br>Potato Wedges<br>Chopped Spinach<br>Lettuce/Tomato Tray<br>Assorted Fruits<br>Choice of Milk                        | <b>Oct.31</b><br><b>Entrée</b><br>Sweet & Sour Chicken<br><b>Sides</b><br>Rice/Dinner Roll<br>Broccoli Cuts<br>Cucumbers w/dip<br>Assorted Fruit<br>Choice of Milk   | <b>Nov.1</b><br><b>Entrée</b><br>Spaghetti w/ Meat Sauce<br><b>Sides</b><br>WG Breadstick<br>Cut Carrots<br>Side Salad<br>Assorted Fruit<br>Choice of Milk     |
| <b>4</b><br><b>Entrée</b><br>Chicken Sandwich<br><b>Sides</b><br>Curly Fries<br>Broccoli w/Cheese Sauce<br>Fresh Cucumbers w/dip<br>Assorted Fruit<br>Choice of Milk | <b>5</b><br><b>Entrée</b><br>Beef Nachos<br><b>Sides</b><br>Cut Corn<br>Refried Beans<br>WG Roll<br>Assorted Fruit<br>Choice of Milk                  | <b>6</b><br><b>Entrée</b><br>Chicken Fajitas<br><b>Sides</b><br>Black Beans<br>Rice/Tortilla<br>Baby Carrots w/Ranch Dip<br>Roasted Red Peppers<br>Assorted Fruit<br>Choice of Milk | <b>7</b><br><b>Entrée</b><br>Popcorn Chicken Bowl<br><b>Sides</b><br>Mashed Potatoes<br>Cut Corn<br>Assorted Fruit<br>Choice of Milk   | <b>8</b><br><b>Entrée</b><br>Baked Lasagna<br><b>Sides</b><br>Garlic Bread<br>Cut Carrots<br>Side Salad<br>Assorted Fruit<br>Choice of Milk                    |
| <b>11</b><br><b>Entrée</b><br>Teriyaki Chicken<br><b>Sides</b><br>WG Rice<br>Diced Carrots<br>Assorted Fruit<br>Choice of Milk                                       | <b>12</b><br><b>Entrée</b><br>Beef Tacos<br><b>Sides</b><br>Black Beans/Rice<br>Cut Corn<br>Baby Carrots w/dip<br>Assorted Fruit<br>Choice of Milk    | <b>13</b><br><b>Entrée</b><br>Meatball Subs or Mozzarella<br>Breadsticks<br><b>Sides</b><br>Broccoli Cuts<br>Whole Baby Carrots<br>Assorted Fruit<br>Choice of Milk                 | <b>14</b><br><b>Entrée</b><br>Chicken Nuggets w/Roll<br><b>Sides</b><br>Mashed Potatoes<br>Green Peas<br>Assorted Fruit<br>Choice of Milk  | <b>15</b><br><b>Entrée</b><br>Grilled Chicken Breasts<br><b>Sides</b><br>Red Potatoes<br>Green Beans<br>WG Biscuit or Roll<br>Assorted Fruit<br>Choice of Milk |
| <b>18</b><br><b>Entrée</b><br>Chicken Tenders w/Mac & Cheese<br><b>Sides</b><br>Seasoned Cabbage<br>Blackeye Peas<br>Assorted Fruits<br>Choice of Milk               | <b>19</b><br><b>Entrée</b><br>Tex Mex Bowl<br><b>Sides</b><br>WG Rice or Tortilla<br>Cut Corn<br>Black Beans<br>Assorted Fruits<br>Choice of Milk     | <b>20</b><br><b>Entrée</b><br>Hamburgers<br><b>Sides</b><br>Potato Wedges<br>Chopped Spinach<br>Lettuce/Tomato Tray<br>Assorted Fruits<br>Choice of Milk                            | <b>21</b><br><b>Entrée</b><br><i>Thanksgiving Meal</i><br>Oven Roasted Turkey Breast<br><b>Sides</b><br>Mashed Potatoes w/Gravy<br>Dressing<br>Green Beans<br>Sweet Potatoes<br>Dinner Roll<br>Dessert<br>Assorted Fruit<br>Choice of Milk | <b>22</b><br><b>Fall Break Begins</b><br>No school students/staff  |
| <b>Fall Break Nov.22 through Nov.29</b>  |   |   |  |  |

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](mailto:program.intake@usda.gov)

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