



## McKeel Academy Central & South McKeel Academy August Lunch Menu 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6 <b>Baked Chicken Yogurt Lunch Crispy Chicken Salad</b> Green Beans Mashed Potatoes Assorted Fruit Choice of Milk	7 <b>Cheese Pizza Yogurt Lunch Sub Sandwich</b> Cut Corn Baby Carrots w/Dip Assorted Fruit Choice of Milk
10 <b>Chicken Nuggets Yogurt Lunch Uncrustable Sandwich</b> Mashed Potatoes Steamed Spinach Assorted Fruit Choice of Milk	11 <b>Tex Mex Bowl w/Rice Yogurt Lunch Chef Salad w/crackers</b> Black Beans Cut Corn Assorted Fruit Choice of Milk	12 <b>Mini Corn Dogs Yogurt Lunch Turkey &amp; Swiss Croissant</b> Tater Tots Celery Sticks w/Dip Assorted Fruit Choice of Milk	13 <b>Baked Potato w/Chili Yogurt Lunch Crispy Chicken Salad</b> Steamed Broccoli Baby Carrots Assorted Fruit Choice of Milk	14 <b>Pepperoni Pizza Yogurt Lunch Sub Sandwich</b> Potato Wedges Lettuce/Tomato Assorted Fruit Choice of Milk
17 <b>Salisbury Steak w/Rice Yogurt Lunch Uncrustable Sandwich</b> Baby Lima Beans Cut Yams Assorted Fruit Choice of Milk	18 <b>Beef Nachos Yogurt Lunch Chef Salad w/Crackers</b> Refried Beans Cob Corn Assorted Fruit Choice of Milk	19 <b>Meatball Sub or pasta Yogurt Lunch Turkey &amp; Swiss Croissant</b> Fresh Cucumbers Steamed Carrots Assorted Fruit Choice of Milk	20 <b>Roast Pork w/roll Yogurt Lunch Crispy Chicken Salad</b> Red Potatoes Green Beans Assorted Fruit Choice of Milk	21 <b>Cheese Pizza Yogurt Lunch Sub Sandwich</b> French Fries Fresh Broccoli Assorted Fruit Choice of Milk
24 <b>Hot Dogs/Chili Yogurt Lunch Uncrustable Sandwich</b> Tater Tots Mixed Vegetables Assorted Fruit Choice of Milk	25 <b>Turkey Tacos Yogurt Lunch Chef Salad</b> Refried Beans Green Peas Assorted Fruit Choice of Milk	26 <b>Deli Bar (create your own Sandwich) Yogurt Lunch Turkey &amp; Swiss Croissant</b> Baby Carrots Fresh Broccoli Assorted Fruit Choice of Milk	27 <b>Cheeseburgers Yogurt Lunch Crispy Chicken Salad</b> French Fries Side Salad Sliced Tomatoes Assorted Fruit Choice of Milk	28 <b>Pepperoni Pizza Yogurt Lunch Sub Sandwich</b> Cut Corn Cucumbers Assorted Fruit Choice of Milk
31 <b>Chicken Tenders Yogurt Lunch Uncrustable Sandwich</b> Steamed Broccoli Black-Eyed Peas Assorted Fruit Choice of Milk	Sept.1	Sept.2	Sept.3	Sept.4

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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