



McKeel Academy of Technology Alternate August Lunch Menu 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6 Chicken Tenders Mac & Cheese Deli Subs/Salads Outside Pizza Green Beans Baby Carrots w/Dip Assorted Fruit Choice of Milk	7 Fiestada Pizza Deli Sub/Salads Outside Pizza Cut Corn Potato Wedges Side Salad Assorted Fruit Choice of Milk
10 Chicken Nuggets Deli Sub/Salads Outside Pizza Tater Tots Green Peas Carrots Dinner Roll Assorted Fruit Choice of Milk	11 Tacos Deli Subs/Salads Outside Pizza Refried Beans Cob Corn Black Beans Assorted Fruit Choice of Milk	12 Baked Potatoes w/Chili or Cheese Deli Subs/Salads Outside Pizza Broccoli Cuts Yellow Squash Roll or Crackers Assorted Fruit Choice of Milk	13 Pasta Bar Deli Subs/Salads Outside Pizza Side Salad Red Potatoes Diced Carrots Breadstick Assorted Fruit Choice of Milk	14 Hamburger/Hot Dog Deli Subs/Salads Outside Pizza Potato Wedges Baked Beans Lettuce/Tomato Assorted Fruit Choice of Milk
17 Grilled Cheese w/side soup Deli Subs/Salads Outside Pizza Fresh Baby Carrots Red Potatoes Assorted Fruit Choice of Milk	18 Chicken Fajita Wrap Deli Subs/Salads Outside Pizza Black Beans Cut Corn Brown Rice Assorted Fruit Choice of Milk	19 Lasagna Deli Subs/Salads Outside Pizza Side Salad Cut Carrots Breadstick Assorted Fruit Choice of Milk	20 Mini Corn Dogs Deli Subs/Salads Outside Pizza Tater Tots Spinach Black-Eyed Peas Assorted Fruit Choice of Milk	21 Chicken Parmesan w/ pasta Deli Subs/Salads Outside Pizza Sweet Potatoes Broccoli Cuts Garlic Bread Assorted Fruit Choice of Milk
24 Reg. or Spicy Chix Sandwich Deli Subs/Salads Outside Pizza Potato Wedges Broccoli Lettuce/Sliced Tomatoes Assorted Fruit Choice of Milk	25 Tex Mex Bowl Deli Subs/Salads Outside Pizza Brown Rice Black Beans Cut Corn Assorted Fruit Choice of Milk	26 Shepherd's Pie Deli Subs/Salads Outside Pizza Green Peas Diced Carrots Dinner Roll Assorted Fruit Choice of Milk	27 Grilled Chicken Breast Deli Subs/Salads Outside Pizza Sweet Potatoes Rice Green Beans Assorted Fruit Choice of Milk	28 Salisbury Steak Deli Subs/Salads Outside Pizza Mashed Potatoes Cabbage Dinner Roll Assorted Fruit Choice of Milk
31 Pulled Pork Deli Subs/Salads Outside Pizza Baked Beans Coleslaw Garlic Bread Sliced Tomatoes 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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