



**McKeel Academy Central & South McKeel Academy  
Alternate Breakfast Menu September 2020**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Aug. 31</b> <b>Pancakes w/Sausage Patty</b> <b>Assorted Cereal</b> Assorted Fruit Choice of Milk Juice	<b>1</b> <b>Chicken Biscuit</b> <b>Assorted Cereal</b> Assorted Fruit Choice of Milk Juice	<b>2</b> <b>French Toast Sticks w/ Sausage Link</b> <b>Assorted Cereal</b> Assorted Fruit Choice of Milk Juice	<b>3</b> <b>Breakfast Pizza</b> <b>Assorted Cereal</b> Assorted Fruit Choice of Milk Juice	<b>4</b> <b>Scrambled Eggs</b> <b>Assorted Cereal</b> Toast Assorted Fruit Choice of Milk Juice
<b>7</b> <b>Labor Day</b> No School for Students and Staff	<b>8</b> <b>Sausage,Egg,Cheese Biscuit</b> <b>Assorted Cereal</b> Assorted Fruit Choice of Milk Juice	<b>9</b> <b>Tornado Breakfast Roll</b> <b>Assorted Cereal</b> Assorted Fruit Choice of Milk Juice	<b>10</b> <b>Sausage/Pancake Wrap</b> <b>Assorted Cereal</b> Assorted Fruit Choice of Milk Juice	<b>11</b> <b>Yogurt Parfait w/WG Muffin or Toast</b> <b>Assorted Cereal</b> Assorted Fruit Choice of Milk Juice
<b>14</b> <b>Pancakes w/Sausage Patty</b> <b>Assorted Cereal</b> Assorted Fruit Choice of Milk Juice	<b>15</b> <b>Chicken Biscuit</b> <b>Assorted Cereal</b> Assorted Fruit Choice of Milk Juice	<b>16</b> <b>French Toast Sticks w/ Sausage Link</b> <b>Assorted Cereal</b> Assorted Fruit Choice of Milk Juice	<b>17</b> <b>Breakfast Pizza</b> <b>Assorted Cereal</b> Assorted Fruit Choice of Milk Juice	<b>18</b> <b>Scrambled Eggs</b> <b>Assorted Cereal</b> Toast Assorted Fruit Choice of Milk Juice
<b>21</b> <b>No School for Students &amp; Paras (Staff Work Day)</b>	<b>22</b> <b>Sausage,Egg,Cheese Biscuit</b> <b>Assorted Cereal</b> Assorted Fruit Choice of Milk Juice	<b>23</b> <b>Tornado Breakfast Roll</b> <b>Assorted Cereal</b> Assorted Fruit Choice of Milk Juice	<b>24</b> <b>Sausage/Pancake Wrap</b> <b>Assorted Cereal</b> Assorted Fruit Choice of Milk Juice	<b>25</b> <b>Yogurt Parfait w/WG Muffin or Toast</b> <b>Assorted Cereal</b> Assorted Fruit Choice of Milk Juice
<b>28</b> <b>Pancakes w/Sausage Patty</b> <b>Assorted Cereal</b> Assorted Fruit Choice of Milk Juice	<b>29</b> <b>Chicken Biscuit</b> <b>Assorted Cereal</b> Assorted Fruit Choice of Milk Juice	<b>30</b> <b>French Toast Sticks w/ Sausage Link</b> <b>Assorted Cereal</b> Assorted Fruit Choice of Milk Juice	<b>Oct. 1</b> <b>Breakfast Pizza</b> <b>Assorted Cereal</b> Assorted Fruit Choice of Milk Juice	<b>Oct. 2</b> <b>Scrambled Eggs</b> <b>Assorted Cereal</b> Toast Assorted Fruit Choice of Milk Juice

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.