



McKeel Academy Central & South McKeel Academy Alternate September Lunch Menu 2020

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| Aug. 31 Chicken Tenders Yogurt Lunch Uncrustable Sandwich Steamed Broccoli Black-Eyed Peas Assorted Fruit Choice of Milk | 1 Chicken Sandwich Yogurt Lunch Chef Salad Pinto Beans French Fries | 2 Pasta Bar Yogurt Lunch Turkey & Swiss Croissant Steamed Carrots Side Salad Breadstick | 3 Baked Chicken Yogurt Lunch Crispy Chicken Salad Green Beans Mashed Potatoes Assorted Fruit Choice of Milk | 4 Cheese Pizza Yogurt Lunch Sub Sandwich Cut Corn Baby Carrots w/Dip Assorted Fruit Choice of Milk |
| 7 Labor Day No School for Students and Staff | 8 Tex Mex Bowl w/Rice Yogurt Lunch Chef Salad w/crackers Black Beans Cut Corn Assorted Fruit Choice of Milk | 9 Mini Corn Dogs Yogurt Lunch Turkey & Swiss Croissant Tater Tots Celery Sticks w/Dip Assorted Fruit Choice of Milk | 10 Baked Potato w/Chili Yogurt Lunch Crispy Chicken Salad Steamed Broccoli Steamed Carrots Assorted Fruit Choice of Milk | 11 Pepperoni Pizza Yogurt Lunch Sub Sandwich Potato Wedges Lettuce/Tomato Assorted Fruit Choice of Milk |
| 14 Salisbury Steak w/Rice Yogurt Lunch Uncrustable Sandwich Baby Lima Beans Cut Yams Assorted Fruit Choice of Milk | 15 Beef Nachos Yogurt Lunch Chef Salad w/Crackers Refried Beans Cob Corn Assorted Fruit Choice of Milk | 16 Meatball Sub or pasta Yogurt Lunch Turkey & Swiss Croissant Fresh Cucumbers Steamed Carrots Assorted Fruit Choice of Milk | 17 Roast Pork w/roll Yogurt Lunch Crispy Chicken Salad Red Potatoes Green Beans Assorted Fruit Choice of Milk | 18 Cheese Pizza Yogurt Lunch Sub Sandwich French Fries Fresh Broccoli Assorted Fruit Choice of Milk |
| 21 No School for Students & Paras (Staff Work Day) | 22 Turkey Tacos Yogurt Lunch Chef Salad Refried Beans Green Peas Assorted Fruit Choice of Milk | 23 Deli Bar (create your own Sandwich) Yogurt Lunch Turkey & Swiss Croissant Baby Carrots Fresh Broccoli Assorted Fruit Choice of Milk | 24 Cheeseburgers Yogurt Lunch Crispy Chicken Salad French Fries Side Salad Sliced Tomatoes Assorted Fruit Choice of Milk | 25 Pepperoni Pizza Yogurt Lunch Sub Sandwich Cut Corn Cucumbers Assorted Fruit Choice of Milk |
| 28 Chicken Tenders Yogurt Lunch Uncrustable Sandwich Steamed Broccoli Black-Eyed Peas Assorted Fruit Choice of Milk | 29 Chicken Sandwich Yogurt Lunch Chef Salad Pinto Beans French Fries | 30 Pasta Bar Yogurt Lunch Turkey & Swiss Croissant Steamed Carrots Side Salad Breadstick | Oct. 1 Baked Chicken Yogurt Lunch Crispy Chicken Salad Green Beans Mashed Potatoes Assorted Fruit Choice of Milk | Oct.2 Cheese Pizza Yogurt Lunch Sub Sandwich 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.