



**McKeel Academy of Technology
Alternate Breakfast Menu September 2020**

Monday	Tuesday	Wednesday	Thursday	Friday
Aug. 31 Eggs with Toast Sausage, Egg & Cheese Sandwich Assorted Cereal Assorted Fruit Choice of Milk Juice	1 Cheese Omelet w/Toast Pancake Wrapped Sausage Link Assorted Cereal Assorted Fruit Choice of Milk Juice	2 Eggs with Toast Sausage Biscuit Assorted Cereal Assorted Fruit Choice of Milk Juice	3 Eggs with Toast French Toast Sticks w/Sausage Link Assorted Cereal Assorted Fruit Choice of Milk Juice	4 Eggs with Toast Breakfast Pizza Assorted Cereal Assorted Fruit Choice of Milk Juice
7 Labor Day No School for Students and Staff	8 Cheese Omelet Breakfast Slider Assorted Cereal Assorted Fruit Choice of Milk Juice	9 Eggs with Toast Breakfast Tornado Roll Assorted Cereal Assorted Fruit Choice of Milk Juice	10 Eggs with Toast Pancakes w/Sausage link Assorted Cereal Assorted Fruit Choice of Milk Juice	11 Eggs with Toast Breakfast Burrito Assorted Cereal Assorted Fruit Choice of Milk Juice
14 Eggs with Toast Sausage, Egg & Cheese Sandwich Assorted Cereal Assorted Fruit Choice of Milk Juice	15 Cheese Omelet w/Toast Pancake Wrapped Sausage Link Assorted Cereal Assorted Fruit Choice of Milk Juice	16 Eggs with Toast Sausage Biscuit Assorted Cereal Assorted Fruit Choice of Milk Juice	17 Eggs with Toast French Toast Sticks w/Sausage Link Assorted Cereal Assorted Fruit Choice of Milk Juice	18 Eggs with Toast Breakfast Pizza Assorted Cereal Assorted Fruit Choice of Milk Juice
21 No School for Students/Paras Staff PD & Workday	22 Cheese Omelet Breakfast Slider Assorted Cereal Assorted Fruit Choice of Milk Juice	23 Eggs with Toast Breakfast Tornado Roll Assorted Cereal Assorted Fruit Choice of Milk Juice	24 Eggs with Toast Pancakes w/Sausage link Assorted Cereal Assorted Fruit Choice of Milk Juice	25 Eggs with Toast Breakfast Burrito Assorted Cereal Assorted Fruit Choice of Milk Juice
28 Eggs with Toast Sausage, Egg & Cheese Sandwich Assorted Cereal Assorted Fruit Choice of Milk Juice	29 Cheese Omelet w/Toast Pancake Wrapped Sausage Link Assorted Cereal Assorted Fruit Choice of Milk Juice	30 Eggs with Toast Sausage Biscuit Assorted Cereal Assorted Fruit Choice of Milk Juice	Oct. 1 Eggs with Toast French Toast Sticks w/Sausage Link Assorted Cereal Assorted Fruit Choice of Milk Juice	Oct. 2 Eggs with Toast Breakfast Pizza Assorted Cereal 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.