



McKeel Academy Central & South McKeel Academy Alternate October Menu 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Oct. 5 Chicken Nuggets w/Roll Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Mashed Potatoes Broccoli w/dip Assorted Fruit Choice of Milk	6 Beef Nachos Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Refried Beans Cut Corn Assorted Fruit Choice of Milk	7 Cheeseburgers Yogurt Lunch Uncrustable Pizza (Grades 3 and up) French Fries Salad w/ Sliced Tomatoes Assorted Fruit Choice of Milk	8 Roast Port w/Roll Yogurt lunch Uncrustable Pizza (Grades 3 and up) Red Potatoes Green Beans Assorted Fruit Choice of Milk	9 Pizza (All Grades) Yogurt Lunch Uncrustable Cut Corn Baby Carrots w/dip Assorted Fruit Choice of Milk
12 Chicken Tenders w/Mac & Cheese Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Broccoli w/dip Lima Beans Assorted Fruit Choice of Milk	13 Tex Mex Bowl (Seasoned Beef or Chicken) Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Black Beans Cut Corn Assorted Fruit Choice of Milk	14 Spaghetti w/Meat Sauce Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Steamed Carrots Cucumbers w/dip Assorted Fruit Choice of Milk	15 Baked Chicken w/Roll Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Mashed Potatoes Mixed Vegetables Assorted Fruit Choice of Milk	16 Pizza (All Grades) Yogurt Lunch Uncrustable French Fries Baby Carrots w/dip Assorted Fruit Choice of Milk
19 Chicken Nuggets w/Roll Yogurt Lunch Uncrustable Pizza (Grades 3 and up) P. Potatoes? Broccoli w/dip Assorted Fruit Choice of Milk	20 Beef Nachos Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Refried Beans Cut Corn Assorted Fruit Choice of Milk	21 Cheeseburgers Yogurt Lunch Uncrustable Pizza (Grades 3 and up) French Fries Salad w/ Sliced Tomatoes Assorted Fruit Choice of Milk	8 Roast Port w/Roll Yogurt lunch Uncrustable Pizza (Grades 3 and up) Red Potatoes Green Beans Assorted Fruit Choice of Milk	23 Pizza (All Grades) Yogurt Lunch Uncrustable Cut Corn Baby Carrots w/dip Assorted Fruit Choice of Milk
26 Chicken Tenders w/Mac & Cheese Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Broccoli w/dip Lima Beans Assorted Fruit Choice of Milk	27 Tex Mex Bowl (Seasoned Beef or Chicken) Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Black Beans Cut Corn Assorted Fruit Choice of Milk	14 Spaghetti w/Meat Sauce Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Steamed Carrots Cucumbers w/dip Assorted Fruit Choice of Milk	29 Baked Chicken w/Roll Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Mashed Potatoes Mixed Vegetables Assorted Fruit Choice of Milk	30 Pizza (All Grades) Yogurt Lunch Uncrustable French Fries 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.

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