



**McKeel Academy of Technology
Alternate October Lunch Menu 2020**

Monday	Tuesday	Wednesday	Thursday	Friday
Oct. 5 Chicken Nuggets Deli Bar Pizza Station Tater Tots Green Peas Steamed Spinach Assorted Fruit Choice of Milk	6 Beef Tacos Deli Bar Pizza Station Refried Beans Cob Corn Black Beans Assorted Fruit Choice of Milk	7 Lasagna Deli Bar Pizza Station Side Salad Steamed Carrots Assorted Fruit Choice of Milk	8 Hamburger/Hot Dogs Deli Bar Pizza Station Potato Wedges Baked Beans Assorted Fruit Choice of Milk	9 Tex Mex Bowl Deli Bar Pizza Station Brown Rice Cut Corn Black Beans Assorted Fruit Choice of Milk
12 Beef Nachos Deli Bar Pizza Station Cob Corn Lettuce/Tomatoes Assorted Fruit Choice of Milk	13 Chicken Tenders Deli Bar Pizza Station Mac & Cheese Green Beans Baby Carrots w/dip Assorted Fruit Choice of Milk	14 Pasta Bar Deli Bar Pizza Station Side Salad Red Potatoes Diced Carrots Assorted Fruit Choice of Milk	15 Chicken Sandwich (reg. or spicy) Deli Bar Pizza Station Tater Tots Broccoli Cuts Black Eyed Peas Assorted Fruit Choice of Milk	16 Fiestada Pizza Deli Bar Pizza Station Potato Wedges Cut Corn Assorted Fruit Choice of Milk
19 Chicken Nuggets Deli Bar Pizza Station Tater Tots Green Peas Steamed Spinach Assorted Fruit Choice of Milk	20 Beef Tacos Deli Bar Pizza Station Refried Beans Cob Corn Black Beans Assorted Fruit Choice of Milk	21 Lasagna Deli Bar Pizza Station Side Salad Steamed Carrots Assorted Fruit Choice of Milk	22 Hamburger/Hot Dogs Deli Bar Pizza Station Potato Wedges Baked Beans Assorted Fruit Choice of Milk	23 Tex Mex Bowl Deli Bar Pizza Station Brown Rice Cut Corn Black Beans Assorted Fruit Choice of Milk
26 Beef Nachos Deli Bar Pizza Station Cob Corn Lettuce/Tomatoes Assorted Fruit Choice of Milk	27 Chicken Tenders Deli Bar Pizza Station Mac & Cheese Green Beans Baby Carrots w/dip Assorted Fruit Choice of Milk	28 Pasta Bar Deli Bar Pizza Station Side Salad Red Potatoes Diced Carrots Assorted Fruit Choice of Milk	29 Chicken Sandwich (reg. or spicy) Deli Bar Pizza Station Tater Tots Broccoli Cuts Black Eyed Peas Assorted Fruit Choice of Milk	30 Fiestada Pizza Deli Bar Pizza Station Potato Wedges Cut Corn 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.