



McKeel Academy of Technology Alternate November Lunch Menu 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Nuggets Deli Bar Pizza Station Tater Tot Green Peas Steamed Spinach Assorted Fruit Choice of Milk	3 Beef Tacos Deli Bar Pizza Station Refried Beans Cob Corn Black Beans Assorted Fruit Choice of Milk	4 Lasagna Deli Bar Pizza Station Side Salad Steamed Carrots Assorted Fruit Choice of Milk	5 Hamburger/Hot Dogs Deli Bar Pizza Station Potato Wedges Baked Beans Assorted Fruit Choice of Milk	6 Tex Mex Bowl Deli Bar Pizza Station Brown Rice Cut Corn Black Beans Assorted Fruit Choice of Milk
9 Beef Nachos Deli Bar Pizza Station Cob Corn Lettuce/Tomatoes Assorted fruit Choice of Milk	10 Chicken Tenders Deli Bar Pizza Station Mac & Cheese Green Beans Baby Carrots w/dip Assorted Fruit Choice of Milk	11 Pasta Bar Deli Bar Pizza Station Side Salad Red Potatoes Diced Carrots Assorted Fruit Choice of Milk	12 Chicken Sandwich (reg. or spicy) Deli Bar Pizza Station Tater Tot Broccoli Cuts Black Eyed Peas Assorted Fruit Choice of Milk	13 Fiestada Pizza Deli Bar Pizza Station Potato Wedges Cut Corn Assorted Fruit Choice of Milk
16 Chicken Nuggets Deli Bar Pizza Station Tater Tot Green Peas Steamed Spinach Assorted Fruit Choice of Milk	17 Beef Tacos Deli Bar Pizza Station Refried Beans Cob Corn Black Beans Assorted Fruit Choice of Milk	18 Lasagna Deli Bar Pizza Station Side Salad Steamed Carrots Assorted Fruit Choice of Milk	19 Thanksgiving Meal Turkey & Dressing Mashed Potatoes Green Beans Sweet Potatoes Dinner Rolls Apple Crips Assorted Fruit Choice of Milk	20 Fall Break
23 Fall Break	24 Fall Break	25 Fall Break	26 Fall Break	27 Fall Break

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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