



**McKeel Academy Central & South McKeel Academy
Alternate January Menu 2021**

Monday	Tuesday	Wednesday	Thursday	Friday
4 Teachers/Staff Return No Students	5 Tex Mex Bowl (Seasoned Beef or Chicken) Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Black Beans Cut Corn Assorted Fruit Choice of Milk	6 Spaghetti w/Meat Sauce Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Steamed Carrots Cucumbers w/dip Assorted Fruit Choice of Milk	5 Baked Chicken w/Roll Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Mashed Potatoes Mixed Vegetables Assorted Fruit Choice of Milk	8 Pizza (All Grades) Yogurt Lunch Uncrustable French Fries Baby Carrots w/dip Assorted Fruit Choice of Milk
11 Chicken Nuggets w/Roll Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Mashed Potatoes Broccoli w/dip Assorted Fruit Choice of Milk	12 Beef Nachos Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Refried Beans Cut Corn Assorted Fruit Choice of Milk	13 Cheeseburgers Yogurt Lunch Uncrustable Pizza (Grades 3 and up) French Fries Salad w/ Sliced Tomatoes Assorted Fruit Choice of Milk	14 Roast Pork w/Roll Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Red Potatoes Green Beans Assorted Fruit Choice of Milk	15 Pizza (All Grades) Yogurt Lunch Uncrustable French Fries Baby Carrots w/dip Assorted Fruit Choice of Milk
18 Holiday Dr. Martin Luther King, Jr. Day	19 Tex Mex Bowl (Seasoned Beef or Chicken) Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Black Beans Cut Corn Assorted Fruit Choice of Milk	20 Spaghetti w/Meat Sauce Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Steamed Carrots Cucumbers w/dip Assorted Fruit Choice of Milk	21 Baked Chicken w/Roll Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Mashed Potatoes Mixed Vegetables Assorted Fruit Choice of Milk	22 Pizza (All Grades) Yogurt Lunch Uncrustable French Fries Baby Carrots w/dip Assorted Fruit Choice of Milk
25 Chicken Nuggets w/Roll Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Mashed Potatoes Broccoli w/dip Assorted Fruit Choice of Milk	26 Beef Nachos Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Refried Beans Cut Corn Assorted Fruit Choice of Milk	27 Cheeseburgers Yogurt Lunch Uncrustable Pizza (Grades 3 and up) French Fries Salad w/ Sliced Tomatoes Assorted Fruit Choice of Milk	28 Roast Pork w/Roll Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Red Potatoes Green Beans Assorted Fruit Choice of Milk	29 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.