



**McKeel Academy of Technology
Alternate January Lunch Menu 2021**

Monday	Tuesday	Wednesday	Thursday	Friday
4 Teachers/Staff Return No Students	5 Chicken Tenders Deli Bar Pizza Station Mac & Cheese Green Beans Baby Carrots w/dip Assorted Fruit Choice of Milk	6 Pasta Bar Deli Bar Pizza Station Side Salad Red Potatoes Diced Carrots Assorted Fruit Choice of Milk	7 Chicken Sandwich (reg. or spicy) Deli Bar Pizza Station Tater Tots Broccoli Cuts Black Eyed Peas Assorted Fruit Choice of Milk	8 Fiestada Pizza Deli Bar Pizza Station Potato Wedges Cut Corn Assorted Fruit Choice of Milk
11 Chicken Nuggets Deli Bar Pizza Station Tater Tots Green Peas Steamed Spinach Assorted Fruit Choice of Milk	12 Beef Tacos Deli Bar Pizza Station Refried Beans Cob Corn Black Beans Assorted Fruit Choice of Milk	13 Lasagna Deli Bar Pizza Station Side Salad Steamed Carrots Assorted Fruit Choice of Milk	14 Hamburger/Hot Dogs Deli Bar Pizza Station Potato Wedges Baked Beans Assorted Fruit Choice of Milk	15 Tex Mex Bowl Deli Bar Pizza Station Brown Rice Cut Corn Black Beans Assorted Fruit Choice of Milk
18 Holiday Dr. Martin Luther King, Jr. Day	19 Chicken Tenders Deli Bar Pizza Station Mac & Cheese Green Beans Baby Carrots w/dip Assorted Fruit Choice of Milk	20 Pasta Bar Deli Bar Pizza Station Side Salad Red Potatoes Diced Carrots Assorted Fruit Choice of Milk	21 Chicken Sandwich (reg. or spicy) Deli Bar Pizza Station Tater Tots Broccoli Cuts Black Eyed Peas Assorted Fruit Choice of Milk	22 Fiestada Pizza Deli Bar Pizza Station Potato Wedges Cut Corn Assorted Fruit Choice of Milk
25 Chicken Nuggets Deli Bar Pizza Station Tater Tots Green Peas Steamed Spinach Assorted Fruit Choice of Milk	26 Beef Tacos Deli Bar Pizza Station Refried Beans Cob Corn Black Beans Assorted Fruit Choice of Milk	27 Lasagna Deli Bar Pizza Station Side Salad Steamed Carrots Assorted Fruit Choice of Milk	28 Hamburger/Hot Dogs Deli Bar Pizza Station Potato Wedges Baked Beans Assorted Fruit Choice of Milk	29 Tex Mex Bowl Deli Bar Pizza Station Brown Rice Cut Corn Black Beans 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.