



## McKeel Academy Central & South McKeel Academy October Lunch Menu 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Sept. 27</b> <b>Entrée Choices</b> Chicken Nuggets w/Roll Yogurt Lunch Uncrustable Pizza (Grades 3 and up) <b>Sides</b> Mashed Potatoes Broccoli w/dip Assorted Fruit Choice of Milk	<b>Sept. 28</b> <b>Entrée Choices</b> Beef Nachos Yogurt Lunch Uncrustable Pizza (Grades 3 and up) <b>Sides</b> Refried Beans Cut Corn Assorted Fruit Choice of Milk	<b>Sept. 29</b> <b>Entrée Choices</b> Cheeseburgers Yogurt Lunch Uncrustable Pizza (Grades 3 and up) <b>Sides</b> French Fries Salad w/ Sliced Tomatoes Assorted Fruit Choice of Milk	<b>Sept. 30</b> <b>Entrée Choices</b> Roast Pork w/Roll Yogurt lunch Uncrustable Pizza (Grades 3 and up) <b>Sides</b> Red Potatoes Green Beans Assorted Fruit Choice of Milk	<b>Oct. 1</b> <b>Entrée Choices</b> Pizza (All Grades) Yogurt Lunch Uncrustable <b>Sides</b> Cut Corn Baby Carrots w/dip Assorted Fruit
<b>4</b> <b>Entrée Choices</b> Chicken Tenders w/ Mac & Cheese Yogurt Lunch Uncrustable Pizza (Grades 3 and up) <b>Sides</b> Broccoli w/Dip Lima Beans Assorted Fruit Choice of Milk	<b>5</b> <b>Entrée Choices</b> Tex Mex Bowl (Seasoned Beef or Chicken) Yogurt Lunch Uncrustable Pizza (Grades 3 and up) <b>Sides</b> Black Beans Cut Corn Assorted Fruit Choice of Milk	<b>6</b> <b>Entrée Choices</b> Spaghetti w/Meat Sauce Yogurt Lunch Uncrustable Pizza (Grades 3 and up) <b>Sides</b> Steamed Carrots Cucumbers w/dip Assorted Fruit Choice of Milk	<b>7</b> <b>Entrée Choices</b> Baked Chicken w/Roll Yogurt Lunch Uncrustable Pizza (Grades 3 and up) <b>Sides</b> Mashed Potatoes Mixed Vegetables Assorted Fruit Choice of Milk	<b>8</b> <b>Entrée Choices</b> Pizza (All Grades) Yogurt Lunch Uncrustable <b>Sides</b> French Fries Baby Carrots w/dip Assorted Fruit Choice of Milk
<b>11</b> <b>Entrée Choices</b> WG Mini Corn Dogs Yogurt Lunch Uncrustable Pizza (Grade 3 and up) <b>Sides</b> Baked Beans Celery Sticks w/dip Assorted Fruit Choice of Milk	<b>12</b> <b>Entrée Choices</b> Beef Tacos Yogurt Lunch Uncrustable Pizza (Grades 3 and up) <b>Sides</b> Pinto Beans Cob Corn Assorted Fruit Choice of Milk	<b>13</b> <b>Entrée Choices</b> Chicken Sandwich Yogurt Lunch Uncrustable Pizza (Grades 3 and up) <b>Sides</b> Tater Tots Broccoli Cuts Assorted Fruit Choice of Milk	<b>14</b> <b>Entrée Choices</b> Salisbury Steak Yogurt Lunch Uncrustable Pizza (Grades 3 and up) <b>Sides</b> Rice Sweet Potatoes Cabbage Assorted Fruit Choice of Milk	<b>15</b> <b>Entrée Choices</b> Pizza (All Grades) Yogurt Lunch Uncrustable <b>Sides</b> Potato Wedges Baby Carrots w/dip Assorted Fruit
<b>18</b> <b>McKeel Schools Closed</b>  <b>Preschool will be in session</b>  District Work Day	<b>19</b> <b>Entrée Choices</b> Beef Nachos Yogurt Lunch Uncrustable Pizza (Grades 3 and up) <b>Sides</b> Refried Beans Cut Corn Assorted Fruit Choice of Milk	<b>20</b> <b>Entrée Choices</b> Cheeseburgers Yogurt Lunch Uncrustable Pizza (Grades 3 and up) <b>Sides</b> French Fries Salad w/ Sliced Tomatoes Assorted Fruit Choice of Milk	<b>21</b> <b>Entrée Choices</b> Roast Pork w/Roll Yogurt lunch Uncrustable Pizza (Grades 3 and up) <b>Sides</b> Red Potatoes Green Beans Assorted Fruit Choice of Milk	<b>22</b> <b>Entrée Choices</b> Pizza (All Grades) Yogurt Lunch Uncrustable <b>Sides</b> Cut Corn Baby Carrots w/dip Assorted Fruit Choice of Milk

<p><b>25</b></p> <p><b>Entrée Choices</b>  Chicken Tenders w/ Mac &amp; Cheese  Yogurt Lunch  Uncrustable  Pizza (Grades 3 and up)</p> <p><b>Sides</b>  Broccoli w/Dip  Lima Beans  Assorted Fruit  Choice of Milk</p>	<p><b>26</b></p> <p><b>Entrée Choices</b>  Tex Mex Bowl (Seasoned Beef or Chicken)  Yogurt Lunch  Uncrustable  Pizza (Grades 3 and up)</p> <p><b>Sides</b>  Black Beans  Cut Corn  Assorted Fruit  Choice of Milk</p>	<p><b>27</b></p> <p><b>Entrée Choices</b>  Spaghetti w/Meat Sauce  Yogurt Lunch  Uncrustable  Pizza (Grades 3 and up)</p> <p><b>Sides</b>  Steamed Carrots  Cucumbers w/dip  Assorted Fruit  Choice of Milk</p>	<p><b>28</b></p> <p><b>Entrée Choices</b>  Baked Chicken w/Roll  Yogurt Lunch  Uncrustable  Pizza (Grades 3 and up)</p> <p><b>Sides</b>  Mashed Potatoes  Mixed Vegetables  Assorted Fruit  Choice of Milk</p>	<p><b>29</b></p> <p><b>Entrée Choices</b>  Pizza (All Grades)  Yogurt Lunch  Uncrustable</p> <p><b>Sides</b>  French Fries  Baby Carrots w/dip  Assorted Fruit  Choice of Milk</p>
--	---	---	--	--

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.

The U.S. Department of Agriculture (USDA) prohibits Discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov).