



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

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

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