



McKeel Academy of Technology November Lunch Menu 2021

****Daily Stations include Pizza, Deli Subs, and Salads****

Monday	Tuesday	Wednesday	Thursday	Friday
Nov.1 Chicken Parmesan Sweet Potato Fries Zucchini Side Salad Assorted Fruit Choice of Milk	2 Chicken Fajitas Black Beans Rice Roasted Red Peppers Assorted Fruit Choice of Milk	3 Lasagna Garlic Bread Side Salad Red Potatoes Steamed Carrots Assorted Fruit Choice of Milk	4 Salisbury Steak Mashed Potatoes Green Beans Dinner Roll Assorted Fruit Choice of Milk	5 Chicken Tenders Mac & Cheese Cabbage Blackeye Peas Assorted Fruit Choice of Milk
8 Corn Dogs Tater Tots Baby Carrots w/Ranch Dip Assorted Fruit Choice of Milk	9 Beef or Cheese Nachos Cut Corn Refried Beans Assorted Fruit Choice of Milk	10 Meatloaf Sweet Potatoes Green Beans Dinner Roll Assorted Fruit Choice of Milk	11 BBQ or Buffalo Chicken Sandwich Potato Wedges Broccoli Cuts Assorted Fruit Choice of Milk	12 Shepherd's Pie Green Peas Diced Carrots Dinner Roll Assorted Fruit Choice of Milk
15 Chicken Sandwich (Plain or Spicy) Potato wedges Spinach Sliced Tomatoes Assorted Fruit Choice of Milk	16 Tex Mex Bowl Rice Black Beans Cut Corn Assorted Fruit Choice of Milk	17 Pasta Bar Baby Carrots Side Salad Garlic Bread Assorted Fruit Choice of Milk	18 Thanksgiving Meal Deli Station Pizza Station Assorted Fruit Choice of Milk	19 Fall Break
Fall Break Nov.19th through Nov. 26th				
29 Chicken Nuggets Green Peas Tater Tots Baby Carrots Dinner Roll Assorted Fruits Choice of Milk	30 Taco Bar Black Beans Cut Corn Lettuce, Tomato Cups Assorted Fruits Choice of Milk	Dec.1 Baked Chicken Mashed Potatoes Green Beans Dinner Roll Assorted Fruits Choice of Milk	Dec.2 Baked Potato Bar Chili or Cheese Broccoli Cuts Cut Carrots WG Crackers Assorted Fruit Choice of Milk	Dec.3 Hamburger or Hot Dog Potato Wedges Sliced Tomatoes 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.

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