

McKean Elementary Lunch Menu

October 2024



What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk

**Students must choose at least one fruit or vegetable*

Assorted Fresh Fruit and Vegetables Offered Daily

Vegetables May choose two 1/2 cup servings

Fruit May choose one 1/2 cup serving

Milk Choices Offered Daily

Fat Free Chocolate,
Fat Free White and Low Fat White

Daily Alternate Choices May include

Peanut Butter Jelly Sandwich, Chef Salad,



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Smith Hot Dog on a bun Baked Beans Sliced Apples Choice of Milk	1 Chicken Nuggets w/ dinner roll Steamed Green Beans Mixed Fruit Choice of Milk	2 Cheeseburger on a Bun Crispy French Fries Sliced Peaches or Chilled Juice Choice of Milk	3 Mac & Cheese w/ dinner roll Steamed Carrots Diced Pears Choice of Milk	4 Pizza Rounds Steamed Broccoli Mandarin Oranges or Chilled Juice Choice of Milk
7 Chicken Quesadilla Golden Corn Tropical Fruit Salad Choice of Milk	8 Grilled Cheese Sandwich Golden Corn Mixed Fruit Choice of Milk	9 Corn Dogs French Fries Sliced Peaches or Chilled Juice Choice of Milk	10 Crispy Chicken Sandwich Steamed Mixed Vegetables Applesauce Choice of Milk	11 Italian Dunkers Garden Salad Mandarin Oranges or Chilled Juice Choice of Milk
14 No School	15 Smith Hot Dog on a bun Baked Beans Sliced Apples Choice of Milk	16 Waffles w/ Sausage Tater Tots Diced Pears or Chilled Juice Choice of Milk	17 Cheeseburger Steamed Broccoli Pineapple Tidbits Choice of Milk	18 Cheese Calzone Mixed Veggies Applesauce or Chilled Juice Choice of Milk
21 Breaded Cheese Sticks Corn Mandarin Oranges Choice of Milk	22 Walking Taco w/ dinner roll Roasted Sweet Potatoes Diced Peaches Choice of Milk	23 Chicken Fritter Steamed Broccoli Chilled Applesauce or Chilled Juice Choice of Milk	24 Popcorn Chicken Bowl w/ dinner roll Mashed Potatoes Sliced Pears Choice of Milk	25 French Bread Pizza Steamed Mixed Vegetables Tropical Fruit Salad or Chilled Juice Choice of Milk
28 French Toast Sticks W/ Sausage Crispy Tater Tots Mixed Fruit Cup Choice of Milk	29 Chicken Quesadilla Corn Sliced Peaches Choice of Milk	30 Crispy Chicken Sandwich Steamed Carrots Diced Pears or Chilled Juice Choice of Milk	31 Pasta w/ Meatballs w/ dinner roll Steamed Broccoli Pineapple Tidbits Choice of Milk	1 Stuffed Crust Pizza Mixed Vegetables Mandarin Oranges or Chilled Juice Choice of Milk

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

MENUS SUBJECT TO CHANGE