

# TWIN CITIES

## A C A D E M Y

Breakfast \$2.00 Lunch \$3.50

Menu Subject to Change		OCTOBER FOOD SERVICE MENU			2021
Monday	Tuesday	Wednesday	Thursday	Friday	
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	
<b>Queso Meatball Sub</b> WG Bun & Cilantro Nacho Chz Doritos Assorted Salad Bar 100% Juice Deli Salad: Chicken Asian Salad Cold: Honey Mustad Chicken Bun	<b>Brunch Lunch</b> Fresh Toast Stick & Syrup Assorted Salad Bar Tropical Fruite Mix Animal Crackers Deli Salad: Chicken Asian Salad Cold: Honey Mustad Chicken Bun	<b>Greek Nachos</b> Seasoned Meat Corn Tortilla Chips Tatziki & Corn Salasa Assorted Salad Bar Cinnamon Goldfish Deli Salad: Chicken Caesar Cold: Turkey Bun Mayo	<b>Spicy Chicken Patty</b> Bakery Bun Ketchup & Mayo Flamas Assorted Salad Bar Summer Grapes and 100% Fruit Juice Deli Salad: Chicken Bistro Salad Cold: Chicken Ceaser Wrap	<b>Roasted Chicken Drumstick</b> Dinner Rolls Assorted Salad Bar Crip Apple Granola Bites Deli Salad: Chicken Power Green Cold: Grilled Chicken & Cheese Bun	
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	
<b>Mozzarella Burger</b> WG Bun & Ketchup Cool Ranch Doritos Assorted Salad Variety Applesauce Deli Salad: Chicken Caesar Salad Cold: Wowbutter & Jelly Sandwich	<b>Creamy Mac &amp; Cheese</b> WG Rolls Assorted Salad Bar Tropical Fruit Mix 100% Juice Deli Salad: Chicken Asian Salad Cold: Honey Mustad Chicken Bun	<b>Seasame Chicken</b> Steamed Seasoned Rice Assorted Salad Bar Banana Vanilla Wafer Deli Salad: Chicken SW Taco Salad Cold: Turkey Bun Mayo	<b>Walking Taco</b> Nacho Chz Dorito, Seasoned Beef Shredded Chz, Cilantro & Cholula Hot Sau Assorted Salad Bar Summer Grapes & 100% juice Deli Salad: Chicken Bistro Salad Cold: Chicken Ceaser Wrap	<b>Pomodoro Meatballs</b> WG Dinner Rolls Mashed Potatoes Assorted Salad Bar Crips Apple Deli Salad: Chicken Power Green Cold: Grilled Chicken & Cheese Bun	
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	
<b>Golden Corn Dogs w/ Ketchup</b> Hot Cheetos Assorted Salad Bar Variety Applesauce Deli Salad: Chicken Caesar Salad Cold: Wowbutter & Jelly Sandwich	<b>Roasted Curry Chicken Drumstick</b> Old Fashioned Biscuit w/ Margarine Pc Mashed Potatoes Assorted Salad Bar Tropical Fruit Mix & 100% Juice Deli Salad: Chicken Asian Salad Cold: Honey Mustad Chicken Bun	<b>Cheeseburger</b> Fresh Bakery Bun & Ketchup Assorted Salad Bar Banana Deli Salad : Chicken SW Taco Salad Cold: Turkey Bun Mayo	<b>Build Your Own Cheesy Nachos</b> warm Chz Sauce , Seasoned Beef w/ tortilla chips, cilantro , crema cholala Assorted Salad Bar Summer Grapes 100 % Juice Deli Salad: Chicken Bistro Salad Cold: Chicken Ceaser Wrap	<b>Spicy Chicken Fritters w/ Ranch</b> WG Rolls & Sweet Chili Doritos Assorted Salad Bar Crip Apple Deli Salad: Chicken Power Green Cold: Grilled Chicken & Cheese Bun	
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	
<b>All Beef Hot Dogs</b> WG Bun , Ketchup & Mustard Cool Ranch Doritos Variety Applesauce Variety Applesauce Deli Salad: Chicken Caesar Salad Cold: Wowbutter & Jelly Sandwich	<b>General Tso's Chicken</b> Steamed Seasoned Brown Rice Assorted Salad Bar Tropical Fruit Mix 100% Juice Deli Salad:Chicken Asian Salad Cold: Honey Mustad Chicken Bun	<b>Creamy Chicken Pasta</b> Top w/ Chopped Fresh Parsley Solf Dinner Rolls Assorted Salad Bar Banana & Elf Grahams Deli Salad: Chicken SW Taco Salad Cold: Turkey Bun Mayo	<b>Burrito Bowl</b> Brown Rice Topped w/ Seasoned Beef Shred Chz & CKC Youza Sauce Assorted Salad Bar & Corn Salsa Summer Grapes 100 % Juice Deli Salad: Chicken Bistro Salad Cold: Chicken Ceaser Wrap	<b>Creamy Mac &amp; Cheese</b> Bakery Roll Assorted Salad Bar Crip Apple Deli Salad: Chicken Power Green Cold: Grilled Chicken & Cheese Bun	
<b>Monday Breakfast</b>	<b>Tuesday Breakfast</b>	<b>Wednesday Breakfast</b>	<b>Thursday Breakfast</b>	<b>Friday Breakfast</b>	
Breakfast Bar String Cheese 4 oz Juice Cup Fresh or Dried Fruit Milk Choice	Assorted Muffin or Smoothies w/ Granola String Cheese or Yogurt 4 oz Juice Cup Fresh or Dried Fruit Milk Choice	Warm Bagel Cream Cheese 4 oz Juice Cup Fresh or Dried Fruit Milk Choice	Assorted Muffin or Smoothies w/ Granola String Cheese or Yogurt 4 oz Juice Cup Fresh or Dried Fruit Milk Choice	Warm Pop Tart String Cheese 4 oz Juice Cup Fresh or Dried Fruit Milk Choice	
<b>MILK VARIETY SERVED AT EVERY MEAL 1% MILK, 1% CHOCOLATE MILK      All BREADS SERVED ARE WHOLE GRAIN.</b> Lancer Dining does not serve any products that contains pork, peanuts or peanut oil. All products are baked or steamed, never fried.					