

TWIN CITIES

A C A D E M Y

Breakfast \$2.00 Lunch \$3.50

Menu Subject to Change					NOVEMBER- DECEMBER FOOD SERVICE MENU					2022				
Monday		Tuesday		Wednesday		Thursday		Friday						
28		29		30		1		2						
Golden Corn Dog w/ Ketchup Hot Cheetos Assorted Salad Bar Applesauce 100% Juice - Milk Deli Salad: Grilled Chicken Caesar Cold: Wowbutter & Jelly Sandwich		Roasted Curry Chicken Drumstick Dinner Roll w/ Margarine PC Mashed Potatoes Assorted Salad Bar / Tropical Fruit Mix Milk Choice Deli Salad: Chicken Asian Salad Cold: Honey Mustard Chicken Bun		Cheeseburger Bun - Ketchup Assorted Salad Bar Bananas Milk Choice Deli Salad: Chicken SW Taco Salad Cold: Turkey Bun Mayo		Beef Meatballs Brown Rice Steamed Green Beans Assorted Salad Bar Fruit of the Day Deli Salad: Chicken Bistro Salad Cold: Chicken Caesar Wrap		Chicken & Potatoes Steamed Rice Broccoli Assorted Salad Bar - Fruit of the Day Milk Choice Deli Salad: Chicken Power Green Cold: Grilled Chicken & Cheese Bun						
5		6		7		8		9						
Yummy Beef & Scallion Golden Corn Chips Black Bean & Fresh Carrots Assorted Salad Bar - Fruit of the Day Milk Choice Deli Salad: Grilled Chicken Caesar Cold: Wowbutter & Jelly Sandwich		Chicken Sukkhar Steamed Rice Steamed Green Beans Assorted Salad Bar - Fruit of the Day Milk Choice Deli Salad: Chicken Asian Salad Cold: Honey Mustard Chicken Bun		Beef Fried Rice Steamed Peas Corn Chips Assorted Salad Bar Fruit of the Day - Milk Choice Deli Salad: Chicken SW Taco Salad Cold: Turkey Bun Mayo		Spice Rubbed Chicken Fillet Steamed Rice Fruit of the Day Assorted Salad Bar Milk Choice Deli Salad: Chicken Bistro Salad Cold: Chicken Caesar Wrap		Beef Taco Meat Over Rice Seasoned Brown Rice Black Beans & Carrots Corn Chips Fruit of the Day - Milk Choice Deli Salad: Chicken Power Green Cold: Grilled Chicken & Cheese Bun						
12		13		14		15		16						
Chicken Supreme Steamed Rice Fresh Baby Carrots Assorted Salad Bar - Fruit of the Day Milk Choice Deli Salad: Grilled Chicken Caesar Cold: Wowbutter & Jelly Sandwich		Beef Nachos Taco Beef & Golden Corn Chips Assorted Salad Bar - Fruit of the Day Black Beans & Corn Milk Choice Deli Salad: Chicken Asian Salad Cold: Honey Mustard Chicken Bun		Marinated Grilled Chicken Brown Rice Broccoli - Fruit of the Day Assorted Salad Bar Milk Choice Deli Salad : Chicken SW Taco Salad Cold: Turkey Bun Mayo		Chicken Pilaf Assorted Salad Bar Fruit of the Day Milk Choice Deli Salad: Chicken Bistro Salad Cold: Chicken Caesar Wrap		Beef & Potatoes Steamed Rice Steamed Peas Fruit of the Day Milk Choice Deli Salad: Chicken Power Green Cold: Grilled Chicken & Cheese Bun						
19		20		21		22		23						
WINTER BREAK		WINTER BREAK		WINTER BREAK		WINTER BREAK		WINTER BREAK						
26		27		28		29		30						
WINTER BREAK		WINTER BREAK		WINTER BREAK		WINTER BREAK		WINTER BREAK						
Monday Breakfast		Tuesday Breakfast		Wednesday Breakfast		Thursday Breakfast		Friday Breakfast						
Breakfast Bar String Cheese or Yogurt 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 or Yogurt 4 oz Juice Cup Fresh or Dried Fruit Milk Choice						
MILK VARIETY SERVED AT EVERY MEAL 1% MILK, 1% CHOCOLATE MILK, & SKIM														
All BREADS SERVED ARE WHOLE GRAIN.														
We do not serve any products that contains pork, peanuts or peanut oil. All products are baked or steamed, never fried.														