

Menu Name : September 2023 Twin Cities Academy Grades 6-12 Lunch Menu

Options Provided : Hot, Cold Meals

Grade Level / Age Group : 9-12 Grades

Meal Pattern : NSLP

Meal: Lunch

Chef Spotlight		Friday, September 1, 2023
Hot Meal	<b>JOSEPH SWINNEY - SUMMER CAMP OPERATIONS MANAGER</b>	
	Chicken Salad Sandwich	
<i>One of my Family favorites for springtime would be my Chicken Salad recipe and its perfect for BBQ's and picnics. I have even brought some on the boat when fishing and recently I was able to make it into a vegetarian recipe by substituting lightly smashed Chickpea instead of the Chicken chunks. - Joseph</i>		
Cold Meal		

	Monday, September 4, 2023	Tuesday, September 5, 2023	Wednesday, September 6, 2023	Thursday, September 7, 2023	Friday, September 8, 2023
Hot Meal		<b>"New" Korean BBQ Meatballs</b>	<b>Corn Dog</b>	<b>"New" CKC Chicken Gyro</b>	<b>Fresh Baked Pizza Slice</b>
		Seasoned Rice	Sriracha Ketchup	Greek Pita, Grilled Chicken	Assorted Salad Bar
		Assorted Salad Bar	Flamas & Assorted Salad Bar	Assorted Salad Bar	Large Crisp Varietal Apple
		Chilled Pears & 100% Fruit Juice	Bananas	Grapes Bunch	Choice Milk
Cold Meal		Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap & Strawberry Bites	Grilled Chicken & Cheese Bun

	Monday, September 11, 2023	Tuesday, September 12, 2023	Wednesday, September 13, 2023	Thursday, September 14, 2023	Friday, September 15, 2023
Hot Meal	<b>Spicy Crunchy Tender Fritter Wrap</b>	<b>General Tso's Chicken</b>	<b>Walking Taco</b>	<b>"New" Spicy Chicken Tikka Drumstick</b>	<b>Fresh Baked Pizza Slice</b>
	Wg Tortilla, Chix Tenders, Boom Sauce	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef	Seasoned Rice	Assorted Salad Bar
	Cool Ranch Doritos	Assorted Salad Bar	w/ Shred Chz & Cholula	Assorted Salad Bar	Large Crisp Varietal Apple
	Assorted Salad Bar & Pineapple Tidbits	Chilled Pears & 100% Fruit Juice	Assorted Salad Bar	Grapes Bunch & 100% Fruit Juice	Choice Milk
Cold Meal	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap & Strawberry Bites	Grilled Chicken & Cheese Bun

	Monday, September 18, 2023	Tuesday, September 19, 2023	Wednesday, September 20, 2023	Thursday, September 21, 2023	Friday, September 22, 2023
Hot Meal	<b>Premium Spicy Chicken Nuggets w/ Youza Sauce</b>	<b>Swedish Meatballs (Homemade Gravy)</b>	<b>Enchilada Nachos</b>	<b>"New" Butter Chicken</b>	<b>Fresh Baked Pizza Slice</b>
	Flamas	Wg Dinner Roll	Top your Fritos corn chips with Delicious Enchilada chicken, Shred Cheese & Boom Sauce	Steamed Seasoned Rice	Assorted Salad Bar
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Large Crisp Varietal Apple
	Pineapple Tidbits	Chilled Pears & 100% Fruit Juice	Honey Grahams, Bananas & Choice Milk	Grapes Bunch	Choice Milk
Cold Meal	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap & Strawberry Bites	Grilled Chicken & Cheese Bun

	Monday, September 25, 2023	Tuesday, September 26, 2023	Wednesday, September 27, 2023	Thursday, September 28, 2023	Friday, September 29, 2023
Hot Meal	<b>All Beef Hot Dog</b>	<b>"New" Bengali Chicken &amp; Potato Kathi Roll</b>	<b>"New" Bacon Boosted Mac &amp; Cheese</b>	<b>Sesame Chicken</b>	<b>Fresh Baked Pizza Slice</b>
	WG Hot Dog Bun, Ketchup & Mustard	WG Wrap, Chix & Potato Filling	Spicy Alter-Ego of Macaroni & Cheese with Turkey Bacon & Jalapeno Bits	Steamed Seasoned Brown Rice	Assorted Salad Bar
	Assorted Salad Bar	Bengali Sauce (Yogurty Chutney)	WG Roll, Assorted Salad Bar	Assorted Salad Bar	Large Crisp Varietal Apple
	Strawberry Bites & Pineapple Tidbits	Assorted Salad Bar & Chilled Pears	Bananas & Choice Milk	Grapes Bunch & 100% Fruit Juice	Choice Milk
Cold Meal	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap & Strawberry Bites	Grilled Chicken & Cheese Bun

\*\*\* Cold meals are served with vegetables, fruit of the day & milk.

### CHICKEN SALAD SANDWICH

Ingredients	Steps	Serves 2-3
<ul style="list-style-type: none"> <li>• ¼ cup Mayonnaise</li> <li>• 1/2 lbs Chicken (chunked)</li> <li>• 1 cup Grapes (halved)</li> <li>• 1 Gala Apple (diced)</li> <li>• ½ cup Red Onion (finely diced)</li> <li>• 1/3 cup Celery (finely diced)</li> <li>• 2 tablespoon Honey Mustard</li> <li>• ¼ teaspoon Garlic Powder</li> <li>• 1/4 teaspoon Black Pepper</li> <li>• ½ teaspoon salt</li> <li>• ¼ teaspoon smoked paprika</li> </ul>	<ol style="list-style-type: none"> <li>1. Break down cooked chicken into chunks.</li> <li>2. Dice apple, onion, celery, slice grapes in half.</li> <li>3. Combine everything, mix till well incorporated.</li> <li>4. Serve on croissant with lettuce.</li> </ol>	

#### October 2023 Menu (Subject to Change)

	Monday, October 2, 2023	Tuesday, October 3, 2023	Wednesday, October 4, 2023	Thursday, October 5, 2023	Friday, October 6, 2023	
Hot Meal	<b>"New" Cool Ranch Crunch Burger.</b> <i>(yep, we will send mayo)</i>	<b>"New" Asian Chicken Dumplings</b>	<b>Beef Burrito Bowl</b>	<b>Mandarin Orange Chicken</b>	<b>Fresh Baked Pizza Slice</b>	Week II
	Top your Burger with Ranch Doritos	w/ Momo Sauce	Seasoned Beef, Cheese & Crema served on Warm Rice	Steamed Seasoned Brown Rice	Assorted Salad Bar	
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Large Crisp Varietal Apple	
	Pineapple Tidbits	Chilled Pears & 100% Fruit Juice	Bananas	Grapes Bunch & 100% Fruit Juice	Choice Milk	
Cold Meal	<b>Wowbutter &amp; Jelly sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/ Mayo</b>	<b>Chicken Caesar Wrap &amp; Grahams</b>	<b>Grilled Chicken &amp; Cheese Bun</b>	
	100% Fruit Juice & Choice Milk	Choice Milk	Wafers & Choice Milk	Choice Milk		

	Monday, October 9, 2023	Tuesday, October 10, 2023	Wednesday, October 11, 2023	Thursday, October 12, 2023	Friday, October 13, 2023	
Hot Meal	<b>Spicy Chicken Tenders &amp; Dip</b>	<b>Greek Nachos</b>	<b>"New" Smoky Texas Chicken Drumstick</b>	<b>CKC Sweet &amp; Sour Meatballs</b>	<b>Fresh Baked Pizza Slice</b>	Week III
	Hot Cheetos	Seasoned Meat, Corn Tortilla Chips	WG Dinner Roll & Sweet Chili Doritos	Seasoned Rice	Assorted Salad Bar	
	Assorted Salad Bar	Tatziki Sauce & Cholula	Assorted Salad Bar	Assorted Salad Bar	Large Crisp Varietal Apple	
	Pineapple Tidbits	Assorted Salad Bar & Chilled Pears	Bananas	Grapes Bunch	Choice Milk	
Cold Meal	<b>Wowbutter &amp; Jelly sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/ Mayo</b>	<b>Chicken Caesar Wrap &amp; Strawberry Bites</b>	<b>Grilled Chicken &amp; Cheese Bun</b>	
	100% Fruit Juice & Choice Milk	Chat Snax, 100% Fruit Juice & Choice Milk	Choice Milk	100% Fruit Juice & Choice Milk		

	Monday, October 16, 2023	Tuesday, October 17, 2023	Wednesday, October 18, 2023	Thursday, October 19, 2023	Friday, October 20, 2023	
Hot Meal	<b>Spicy Chicken Patty Sandwich</b>	<b>"New" Korean BBQ Meatballs</b>	<b>Corn Dog</b>	<b>"New" CKC Chicken Gyro</b>	<b>Fresh Baked Pizza Slice</b>	Week IV
	Bakery Bun, Ketchup & Mayo	Seasoned Rice	Sriracha Ketchup	Greek Pita, Grilled Chicken	Assorted Salad Bar	
	Sweet Chili Doritos & Assorted Salad Bar	Assorted Salad Bar	Flamas & Assorted Salad Bar	Assorted Salad Bar	Large Crisp Varietal Apple	
	Pineapple Tidbits	Chilled Pears & 100% Fruit Juice	Bananas	Grapes Bunch	Choice Milk	
Cold Meal	<b>Wowbutter &amp; Jelly sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/ Mayo</b>	<b>Chicken Caesar Wrap &amp; Strawberry Bites</b>	<b>Grilled Chicken &amp; Cheese Bun</b>	
	100% Fruit Juice & Choice Milk	Choice Milk	Choice Milk	100% Fruit Juice & Choice Milk		