

Menu Name : 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
October - 2023	

	Monday, October 2, 2023	Tuesday, October 3, 2023	Wednesday, October 4, 2023	Thursday, October 5, 2023	Friday, October 6, 2023	
Hot Meal	"New" Cool Ranch Crunch Burger. <i>.(yep, we will send mayo)</i>	"New" Asian Chicken Dumplings	Beef Burrito Bowl	Mandarin Orange Chicken	Fresh Baked Pizza Slice	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	
	100% Fruit Juice & Choice Milk	Choice Milk	Wafers & Choice Milk	Choice Milk		
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap & Grahams	Grilled Chicken & Cheese Bun	

	Monday, October 9, 2023	Tuesday, October 10, 2023	Wednesday, October 11, 2023	Thursday, October 12, 2023	Friday, October 13, 2023	
Hot Meal	Spicy Chicken Tenders & Dip	Greek Nachos	"New" Smoky Texas Chicken Drumstick	CKC Sweet & Sour Meatballs	Fresh Baked Pizza Slice	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	
	100% Fruit Juice & Choice Milk	Chat Snax, 100% Fruit Juice & Choice Milk	Choice Milk	100% Fruit Juice & Choice Milk		
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap & Strawberry Bites	Grilled Chicken & Cheese Bun	

	Monday, October 16, 2023	Tuesday, October 17, 2023	Wednesday, October 18, 2023	Thursday, October 19, 2023	Friday, October 20, 2023	
Hot Meal	Spicy Chicken Patty Sandwich	"New" Korean BBQ Meatballs	Corn Dog	"New" CKC Chicken Gyro	Fresh Baked Pizza Slice	Week IV
	Bakery Bun, Ketchup & Mayo	Seasoned Rice	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	
	100% Fruit Juice & Choice Milk	Choice Milk	Choice Milk	100% Fruit Juice & Choice Milk		
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap & Strawberry Bites	Grilled Chicken & Cheese Bun	

	Monday, October 23, 2023	Tuesday, October 24, 2023	Wednesday, October 25, 2023	Thursday, October 26, 2023	Friday, October 27, 2023	
Hot Meal	Spicy Crunchy Tender Fritter Wrap	General Tso's Chicken	Walking Taco	"New" Spicy Chicken Tikka Drumstick	Fresh Baked Pizza Slice	Week V
	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	
	100% Fruit Juice & Choice Milk	Choice Milk	Chat Snax, Bananas & Choice Milk	Choice Milk		
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap & Strawberry Bites	Grilled Chicken & Cheese Bun	

	Monday, October 30, 2023	Tuesday, October 31, 2023	Chef Spotlight		
Hot Meal	Premium Spicy Chicken Nuqgets w/ Youza Sauce	Swedish Meatballs (Homemade Gravy)	Dave Kayoum - Director of Business Development <i>Tuna & Peas on Buttered Saltines</i>		Week VI
	Flamas	Wg Dinner Roll	<i>My wife and I literally grew up in the same neighborhood. I love that my wife always asks my mom how to make my favorite recipes. My children and I have loved the tradition of family recipes! I continue to make this simple favorite meal to this day. It is one of my favorites 'Go-to' meals and I think it will remain a family tradition for my children and theirs. I love the stories I have gotten to share with my kids when making a family traditional recipe. It's best to spend time with your kids reminiscing about fond best food memories while making and teaching them how to make something so simple and full of tradition. - Dave</i>		
	Assorted Salad Bar	Assorted Salad Bar			
	Pineapple Tidbits	Chilled Pears & 100% Fruit Juice			
	100% Fruit Juice & Choice Milk	Vanilla Wafers & Choice Milk			
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	<i>Tuna & Peas on Buttered Saltines recipe is on Page 2</i>		

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

TUNA & PEAS ON BUTTERED SALTINES

Ingredients	Steps	Serves 4
<ul style="list-style-type: none"> •2 Cups Cold Milk •¼ Cup White Flour •2 TBLS Salted Butter •2 Cans Tuna, packed in water •1 Cup Frozen Thawed Sweet Green Peas •Ground Black Pepper •Saltine Crackers •Butter 	<ol style="list-style-type: none"> 1. Preparing White sauce: On low heat, melt 2 TBLS butter. Whisk ½ cup of white flour into the cold milk till smooth (slurry). Add the slurry slowly to the melted butter and stir on medium heat till sauce thickens. Turn heat down to low. 2. Flaking Tuna: Open and drain water from the tuna cans as best as you can. Dump tuna out into a bowl. Grasp a handful of tuna and rub it between your palms, like you are trying to warm your hands. This is called flaking tuna. It fluffs the tuna up. Don't over flake, but rub palms together about 10 times into a bowl. 3. Add tuna and peas to white sauce and heat on low till 165. 4. While all is heating in saucepan, butter your saltines. Once mixture is hot, pour over buttered saltine and sprinkle black ground pepper on top. Bon Appetite ! 	

November 2023 Menu (Subject to Change)

	Wednesday, November 1, 2023	Thursday, November 2, 2023	Friday, November 3, 2023		
Hot Meal	<p><i>While this recipe is incredibly simple, it was a Kayoum family tradition that my grandmother used to make for her five daughters. This yummy comfort meal was common in my mom's family when she grew up and became a nostalgic favorite of mine and my siblings when we grew up. It is a favorite in my home and a true comfort food meal.</i></p>	Enchilada Nachos Top your Fritos corn chips with Delicious Enchilada chicken, Shred Cheese & Boom Sauce Assorted Salad Bar Honey Grahams, Bananas & Choice Milk	"New" Butter Chicken Steamed Seasoned Rice Assorted Salad Bar Grapes Bunch 100% Fruit Juice & Choice Milk	Fresh Baked Pizza Slice Assorted Salad Bar Large Crisp Varietal Apple Choice Milk	Week VI
		Turkey Bun w/ Mayo	Chicken Caesar Wrap & Strawberry Bites	Grilled Chicken & Cheese Bun	
Cold					

	Monday, November 6, 2023	Tuesday, November 7, 2023	Wednesday, November 8, 2023	Thursday, November 9, 2023	Friday, November 10, 2023	
Hot Meal	All Beef Hot Dog WG Hot Dog Bun, Ketchup & Mustard Assorted Salad Bar Strawberry Bites & Pineapple Tidbits 100% Fruit Juice & Choice Milk	"New" Bengali Chicken & Potato Kathi Roll WG Wrap, Chix & Potato Filling Bengali Sauce (Yogurty Chutney) Assorted Salad Bar & Chilled Pears Elf Grahams, 100% Fruit Juice & Choice Milk	"New" Bacon Boosted Mac & Cheese Spicy Alter-Ego of Macaroni & Cheese with Turkey Bacon & Jalepeno Bits WG Roll, Assorted Salad Bar Bananas & Choice Milk	Sesame Chicken Steamed Seasoned Brown Rice Assorted Salad Bar Grapes Bunch & 100% Fruit Juice Choice Milk	Fresh Baked Pizza Slice Assorted Salad Bar Large Crisp Varietal Apple Choice Milk	Week I
	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap & Strawberry Bites	Grilled Chicken & Cheese Bun	
Cold						