

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
<b>December - 2023</b>	

What's Cooking in CKC?		Friday, December 1, 2023
<i>We cook everyday :) But below dishes are what we cooked, tasted and loved, so much that we add to your menu, this month.</i>		<b>Fresh Baked Pizza Slice</b> Assorted Salad Bar Large Crisp Varietal Apple Choice Milk
<b>Hot Meal</b>	<b>Hot Italian Sub</b> – 'All Beef ' meatballs cooked in a homemade Marinara sauce, topped with Shredded Cheese, served in Italian Sub style.	
	<b>Sticky Drumstick</b> – Sweet and Sticky, garlic-soy glazed chicken leg.	
<b>Cold</b>		<b>Grilled Chicken &amp; Cheese Bun</b>

	Monday, December 4, 2023	Tuesday, December 5, 2023	Wednesday, December 6, 2023	Thursday, December 7, 2023	Friday, December 8, 2023
<b>Hot Meal</b>	<b>Spicy Crunchy Tender Roll-up</b> Wg Tortilla, Chix Tenders, Boom Sauce	<b>General Tso's Chicken</b> Steamed Seasoned Rice	<b>Walking Taco</b> Nacho Chz Doritos, Seasoned Beef	<b>Spicy Chicken Tikka Drumstick</b> Seasoned Rice	<b>Fresh Baked Pizza Slice</b> 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	Fresh Orange & 100% Fruit Juice	Choice Milk
	100% Fruit Juice & Choice Milk	Choice Milk	Chat Snax, Bananas & Choice Milk	Choice Milk	
<b>Cold</b>	<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>

	Monday, December 11, 2023	Tuesday, December 12, 2023	Wednesday, December 13, 2023	Thursday, December 14, 2023	Friday, December 15, 2023
<b>Hot Meal</b>	<b>Premium Spicy Chicken Nuggets w/ Youza Sauce</b> Flamas	<b>Hot Italian Sub</b> 'All Beef' Marinara Meatballs & Shred Cheese served on WG Bun	<b>Fritos Enchilada Nachos</b> Top your Fritos corn chips with Delicious Enchilada chicken, Shred Cheese & Boom Sauce	<b>Butter Chicken</b> Steamed Seasoned Rice	<b>Fresh Baked Pizza Slice</b> 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	Assorted Salad Bar	Fresh Orange	Choice Milk
	100% Fruit Juice & Choice Milk	Sun Chips & Choice Milk	Honey Grahams, Bananas & Choice Milk	100% Fruit Juice & Choice Milk	
<b>Cold</b>	<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>

	Monday, December 18, 2023	Tuesday, December 19, 2023	Wednesday, December 20, 2023	Thursday, December 21, 2023	Friday, December 22, 2023
<b>Hot Meal</b>	<b>All Beef Hot Dog</b> WG Hot Dog Bun, Ketchup & Mustard	<b>CKC Sticky Drumstick</b> Wheat Thins, WG Roll	<b>Bacon Boosted Mac &amp; Cheese</b> Spicy Alter-Ego of Macaroni & Cheese with Turkey Bacon & Jalepeno Bits	<b>Sesame Chicken</b> Steamed Seasoned Brown Rice	<b>Fresh Baked Pizza Slice</b> Assorted Salad Bar
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Large Crisp Varietal Apple
	Strawberry Bites & Pineapple Tidbits	Chilled Pears & 100% Fruit Juice	WG Roll, Assorted Salad Bar	Fresh Orange & 100% Fruit Juice	Choice Milk
	100% Fruit Juice & Choice Milk	Choice Milk	Bananas & Choice Milk	Choice Milk	
<b>Cold</b>	<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>

	Monday, December 25, 2023	Tuesday, December 26, 2023	Wednesday, December 27, 2023	Thursday, December 28, 2023	Friday, December 29, 2023
<b>Hot Meal</b>	<b>Cool Ranch Crunch Burger..(yep, we will send mayo)</b> Top your Burger with Ranch Doritos	<b>Asian Chicken Dumplings</b> Teriyaki Sauce	<b>Beef Burrito Bowl</b> Seasoned Beef, Cheese & Crema served on Warm Rice	<b>Mandarin Orange Chicken</b> Steamed Seasoned Brown Rice	<b>Fresh Baked Pizza Slice</b> 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	Fresh Orange & 100% Fruit Juice	Choice Milk
	100% Fruit Juice & Choice Milk	Choice Milk	Wafers & Choice Milk	Choice Milk	
<b>Cold</b>	<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>

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

January 2024 Menu (Subject to Change)

	Monday, January 1, 2024	Tuesday, January 2, 2024	Wednesday, January 3, 2024	Thursday, January 4, 2024	Friday, January 5, 2024	
<b>Hot Meal</b>	<b>Spicy Chicken Tenders &amp; Dip</b>	<b>Classic Hamburger</b>	<b>Smoky Texas Chicken Drumstick</b>	<b>Greek Nachos</b>	<b>Fresh Baked Pizza Slice</b>	<b>Week III</b>
	Hot Cheetos	Wg Bun, Ketchup	WG Dinner Roll & Sweet Chili Doritos	Seasoned Meat, Corn Tortilla Chips	Assorted Salad Bar	
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Tatziki Sauce & Cholula	Large Crisp Varietal Apple	
	Pineapple Tidbits	Chilled Pears & 100% Fruit Juice	Bananas	Assorted Salad Bar & Fresh Orange	Choice Milk	
	100% Fruit Juice & Choice Milk	Sun Chips & Choice Milk	Choice Milk	Vanilla Chat Snax, 100% Fruit Juice & Choice Milk		
<b>Cold</b>	<b>Wowbutter &amp; Jelly sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/ Mayo</b>	<b>Chicken Caesar Wrap</b>	<b>Grilled Chicken &amp; Cheese Bun</b>	
	Monday, January 8, 2024	Tuesday, January 9, 2024	Wednesday, January 10, 2024	Thursday, January 11, 2024		
<b>Hot Meal</b>	<b>Spicy Chicken Patty Sandwich</b>	<b>Mongolian Meatballs</b>	<b>Corn Dog</b>	<b>Chicken Tinga Wrap</b>		<b>Week IV</b>
	Bakery Bun, Ketchup & Mayo	Seasoned Rice & Fresh Green Onions	Ketchup	WG Tortilla, Shred Cheese		
	Sweet Chili Doritos & Assorted Salad Bar	Assorted Salad Bar	Flamas & Assorted Salad Bar	Coleslaw - <i>Dare you to try in your Tinga wrap :)</i>		
	Pineapple Tidbits	Chilled Pears & 100% Fruit Juice	Bananas	Assorted Salad Bar & Fresh Orange		
	100% Fruit Juice & Choice Milk	Choice Milk	Choice Milk	Berry Crackers, 100% Fruit Juice & Choice Milk		
<b>Cold</b>	<b>Wowbutter &amp; Jelly sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/ Mayo</b>	<b>Chicken Caesar Wrap</b>		