

Menu Name : Twin Cities Academy Grades 6-12 Lunch Menu  
 Grade Level / Age Group : 9-12 Grades

Options Provided : Hot & Cold Meals  
 Meal Pattern : NSLP Meal: Lunch

**November - 2023**

		Wednesday, November 1, 2023	Thursday, November 2, 2023	Friday, November 3, 2023	
Hot Meal	<p><i>Murgh Kebab served with Dill/ Pine Nut Rice</i>                      - Steve Michalski                      Recipe is on Page 2</p>	<p><b>Enchilada Nachos</b></p> <p>Top your Fritos corn chips with Delicious Enchilada chicken, Shred Cheese &amp; Boom Sauce</p> <p>Assorted Salad Bar</p> <p>Honey Grahams, Bananas &amp; Choice Milk</p>	<p><b>Butter Chicken</b></p> <p>Steamed Seasoned Rice</p> <p>Assorted Salad Bar</p> <p>Grapes Bunch</p> <p>100% Fruit Juice &amp; Choice Milk</p>	<p><b>Fresh Baked Pizza Slice</b></p> <p>Assorted Salad Bar</p> <p>Large Crisp Varietal Apple</p> <p>Choice Milk</p>	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	<p><b>All Beef Hot Dog</b></p> <p>WG Hot Dog Bun, Ketchup &amp; Mustard</p> <p>Assorted Salad Bar</p> <p>Strawberry Bites &amp; Pineapple Tidbits</p> <p>100% Fruit Juice &amp; Choice Milk</p>	<p><b>Bengali Chicken &amp; Potato Kathi Roll</b></p> <p>WG Wrap, Chix &amp; Potato Filling</p> <p>Bengali Sauce (Yogurty Chutney)</p> <p>Assorted Salad Bar &amp; Chilled Pears</p> <p>Elf Grahams, 100% Fruit Juice &amp; Choice Milk</p>	<p><b>Bacon Boosted Mac &amp; Cheese</b></p> <p><i>Spicy Alter-Ego of Macaroni &amp; Cheese with Turkey Bacon &amp; Jalepeno Bits</i></p> <p>WG Roll, Assorted Salad Bar</p> <p>Bananas &amp; Choice Milk</p>	<p><b>Sesame Chicken</b></p> <p>Steamed Seasoned Brown Rice</p> <p>Assorted Salad Bar</p> <p>Grapes Bunch &amp; 100% Fruit Juice</p> <p>Choice Milk</p>	<p><b>Fresh Baked Pizza Slice</b></p> <p>Assorted Salad Bar</p> <p>Large Crisp Varietal Apple</p> <p>Choice Milk</p>	Week I	
		Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap & Strawberry Bites		Grilled Chicken & Cheese Bun
Cold							

		Monday, November 13, 2023	Tuesday, November 14, 2023	Wednesday, November 15, 2023	Thursday, November 16, 2023	Friday, November 17, 2023	
Hot Meal	<p><b>Cool Ranch Crunch Burger..(yep, we will send mayo)</b></p> <p>Top your Burger with Ranch Doritos</p> <p>Assorted Salad Bar</p> <p>Pineapple Tidbits</p> <p>100% Fruit Juice &amp; Choice Milk</p>	<p><b>Asian Chicken Dumplings</b></p> <p>w/ Momo Sauce</p> <p>Assorted Salad Bar</p> <p>Chilled Pears &amp; 100% Fruit Juice</p> <p>Choice Milk</p>	<p><b>Beef Burrito Bowl</b></p> <p>Seasoned Beef, Cheese &amp; Crema served on Warm Rice</p> <p>Assorted Salad Bar</p> <p>Bananas</p> <p>Wafers &amp; Choice Milk</p>	<p><b>Mandarin Orange Chicken</b></p> <p>Steamed Seasoned Brown Rice</p> <p>Assorted Salad Bar</p> <p>Grapes Bunch &amp; 100% Fruit Juice</p> <p>Choice Milk</p>	<p><b>Fresh Baked Pizza Slice</b></p> <p>Assorted Salad Bar</p> <p>Large Crisp Varietal Apple</p> <p>Choice Milk</p>	Week II	
		Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap & Grahams		Grilled Chicken & Cheese Bun
Cold							

		Monday, November 20, 2023	Tuesday, November 21, 2023	Wednesday, November 22, 2023	Thursday, November 23, 2023	Friday, November 24, 2023	
Hot Meal	<p><b>Spicy Chicken Tenders &amp; Dip</b></p> <p>Hot Cheetos</p> <p>Assorted Salad Bar</p> <p>Pineapple Tidbits</p> <p>100% Fruit Juice &amp; Choice Milk</p>	<p><b>Greek Nachos</b></p> <p>Seasoned Meat, Corn Tortilla Chips</p> <p>Tatziki Sauce &amp; Cholula</p> <p>Assorted Salad Bar &amp; Chilled Pears</p> <p>Chat Snax, 100% Fruit Juice &amp; Choice Milk</p>	<p><b>Smoky Texas Chicken Drumstick</b></p> <p>WG Dinner Roll &amp; Sweet Chili Doritos</p> <p>Assorted Salad Bar</p> <p>Bananas</p> <p>Choice Milk</p>	<p><b>CKC Sweet &amp; Sour Meatballs</b></p> <p>Seasoned Rice</p> <p>Assorted Salad Bar</p> <p>Grapes Bunch</p> <p>100% Fruit Juice &amp; Choice Milk</p>	<p><b>Fresh Baked Pizza Slice</b></p> <p>Assorted Salad Bar</p> <p>Large Crisp Varietal Apple</p> <p>Choice Milk</p>	Week III	
		Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap & Strawberry Bites		Grilled Chicken & Cheese Bun
Cold							

		Monday, November 27, 2023	Tuesday, November 28, 2023	Wednesday, November 29, 2023	Thursday, November 30, 2023	
Hot Meal	<p><b>Spicy Chicken Patty Sandwich</b></p> <p>Bakery Bun, Ketchup &amp; Mayo</p> <p>Sweet Chili Doritos &amp; Assorted Salad Bar</p> <p>Pineapple Tidbits</p> <p>100% Fruit Juice &amp; Choice Milk</p>	<p><b>Korean BBQ Meatballs</b></p> <p>Seasoned Rice &amp; Fresh Green Onions</p> <p>Assorted Salad Bar</p> <p>Chilled Pears &amp; 100% Fruit Juice</p> <p>Choice Milk</p>	<p><b>Corn Dog</b></p> <p>Ketchup</p> <p>Flamas &amp; Assorted Salad Bar</p> <p>Bananas</p> <p>Choice Milk</p>	<p><b>CKC Chicken Gyro</b></p> <p>Greek Pita, Grilled Chicken</p> <p>Assorted Salad Bar</p> <p>Grapes Bunch</p> <p>100% Fruit Juice &amp; Choice Milk</p>	Week IV	
		Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo		Chicken Caesar Wrap & Strawberry Bites
Cold						

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

### MURGH KEBAB WITH DILL/ PINE NUT RICE

Ingredients	Steps	Serves 4
<ul style="list-style-type: none"> <li>• 4lbs chicken breast cut into chunks.</li> <li>• ½ cup oil</li> <li>• 1 tbsp Butter</li> <li>• 1 tbsp Lemon Pepper</li> <li>• 1 tbsp Paprika</li> <li>• 1 whole Onion</li> <li>• 2 red peppers</li> <li>• 1-pint grape tomatoes</li> <li>• 12 metal/wood skewers</li> <li>• Rice and chicken broth (use your own taste for amount)</li> <li>• Salt</li> <li>• Fresh Dill</li> <li>• Pine Nuts</li> </ul>	<p><b>To make Dill Rice:</b></p> <ol style="list-style-type: none"> <li>1.Sauté diced onions in butter.</li> <li>2. Add rice, chicken broth and fresh dill, then simmer until tender and fragrant.</li> </ol> <p><b>To make Pine Nut Rice:</b></p> <ol style="list-style-type: none"> <li>1.Cook rice until fluffy.</li> <li>2.Sauté pine nuts in butter until golden and toss them with the cooked rice.</li> <li>3.Add salt and pepper to taste.</li> </ol> <p><b>Murgh Kebab:</b></p> <ol style="list-style-type: none"> <li>1.Marinade chicken in oil, lemon pepper, paprika for a couple hours.</li> <li>2.Place meat and veggies on skewers and grill 8-10 minutes until chicken is done.</li> <li>3.Serve with Dill/Pine Nut Rice.</li> </ol>	

December 2023 Menu (Subject to Change)

Chef Spotlight - Steve Michalski - Procurement Support		Friday, December 1, 2023
Hot Meal	<p><i>Friends Are Forever</i></p> <p>46 years ago, I walked into this small restaurant called Caravan Serai in Highland Park looking for my first job. Little did I know that it would provide life-long friendships for the Michalski and Kayoum Families. I started as a dishwasher making \$1.35/hour plus tips. I was a pretty picky eater back then but soon fell in love with this Middle Eastern Cuisine. I was soon asked to start cooking and was trained by Nancy's parents Carol and AK. I loved cooking this food and eating it. I spent many nights working at Caravan Serai and on some occasions working with my wife, 2 sisters and my mom. Even though I don't have a tandoor oven at home to cook I still make this dish on my grill and my boys love it. I hope you do!</p> <p>Remember Friends are Friends Forever</p>	<p><b>Fresh Baked Pizza Slice</b></p> <p>Assorted Salad Bar</p> <p>Large Crisp Varietal Apple</p> <p>Choice Milk</p>
		<p>Grilled Chicken &amp; Cheese Bun</p>
Cold	-Steve	

	Monday, December 4, 2023	Tuesday, December 5, 2023	Wednesday, December 6, 2023	Thursday, December 7, 2023	Friday, December 8, 2023
Hot Meal	<p><b>Spicy Crunchy Tender Roll-up</b></p> <p>Wg Tortilla, Chix Tenders, Boom Sauce</p> <p>Cool Ranch Doritos</p> <p>Assorted Salad Bar &amp; Pineapple Tidbits</p> <p>100% Fruit Juice &amp; Choice Milk</p>	<p><b>General Tso's Chicken</b></p> <p>Steamed Seasoned Rice</p> <p>Assorted Salad Bar</p> <p>Chilled Pears &amp; 100% Fruit Juice</p> <p>Choice Milk</p>	<p><b>Walking Taco</b></p> <p>Nacho Chz Doritos, Seasoned Beef</p> <p>w/ Shred Chz &amp; Cholula</p> <p>Assorted Salad Bar</p> <p>Chat Snax, Bananas &amp; Choice Milk</p>	<p><b>Spicy Chicken Tikka Drumstick</b></p> <p>Seasoned Rice</p> <p>Assorted Salad Bar</p> <p>Grapes Bunch &amp; 100% Fruit Juice</p> <p>Choice Milk</p>	<p><b>Fresh Baked Pizza Slice</b></p> <p>Assorted Salad Bar</p> <p>Large Crisp Varietal Apple</p> <p>Choice Milk</p>
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap & Strawberry Bites	Grilled Chicken & Cheese Bun

	Monday, December 11, 2023	Tuesday, December 12, 2023
Hot Meal	<p><b>Premium Spicy Chicken Nuggets w/ Youza Sauce</b></p> <p>Flamas</p> <p>Assorted Salad Bar</p> <p>Pineapple Tidbits</p> <p>100% Fruit Juice &amp; Choice Milk</p>	<p><b>Swedish Meatballs (Homemade Gravy)</b></p> <p>Wg Dinner Roll</p> <p>Assorted Salad Bar</p> <p>Chilled Pears &amp; 100% Fruit Juice</p> <p>Vanilla Wafers &amp; Choice Milk</p>
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun