



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

January - 2024

	Monday, January 1, 2024	Tuesday, January 2, 2024	Wednesday, January 3, 2024	Thursday, January 4, 2024	Friday, January 5, 2024	
Hot Meal	Spicy Chicken Tenders & Dip	Classic Hamburger	Smoky Texas Chicken Drumstick	Greek Nachos	Fresh Baked Pizza Slice	Week III
	Hot Cheetos	Wg Bun, Ketchup	WG Dinner Roll & Sweet Chili Doritos	Seasoned Beef, 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		
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun	

	Monday, January 8, 2024	Tuesday, January 9, 2024	Wednesday, January 10, 2024	Thursday, January 11, 2024	Friday, January 12, 2024	
Hot Meal	Spicy Chicken Patty Sandwich	Mongolian Meatballs	Chicken Corn Dog	Hearty Tinga Wrap	Fresh Baked Pizza Slice	Week IV
	Bakery Bun, Ketchup & Mayo	Seasoned Rice & Fresh Green Onions	Ketchup	WG Tortilla, Chicken Tinga & Shred Chz	Assorted Salad Bar	
	Sweet Chili Doritos & Assorted Salad Bar	Assorted Salad Bar	Flamas & Assorted Salad Bar	Coleslaw - <i>Dare you to try in your Tinga wrap :)</i>	Large Crisp Varietal Apple	
	Pineapple Tidbits	Chilled Pears & 100% Fruit Juice	Bananas	Assorted Salad Bar & Fresh Orange	Choice Milk	
	100% Fruit Juice & Choice Milk	Choice Milk	Choice Milk	Berry Crackers, 100% Fruit Juice & Choice Milk		
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun	

	Monday, January 15, 2024	Tuesday, January 16, 2024	Wednesday, January 17, 2024	Thursday, January 18, 2024	Friday, January 19, 2024	
Hot Meal	Spicy Crunchy Tender Roll-up	General Tso's Chicken	Walking Taco	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	Fresh Orange & 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, January 22, 2024	Tuesday, January 23, 2024	Wednesday, January 24, 2024	Thursday, January 25, 2024	Friday, January 26, 2024	
Hot Meal	Premium Spicy Chicken Nuggets w/ Youza Sauce	Hot Italian Sub	Fritos Enchilada Nachos	Butter Chicken	Fresh Baked Pizza Slice	Week VI
	Flamas	'All Beef' Marinara Meatballs & Shred Cheese served on WG Bun	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	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		
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap & Strawberry Bites	Grilled Chicken & Cheese Bun	

	Monday, January 29, 2024	Tuesday, January 30, 2024	Wednesday, January 31, 2024	Happy New Year ! What's Cooking in CKC? - Chicken Tinga Wrap Smoky, Juicy Chicken Tinga served on a wrap, with a side of Garlic Coleslaw. We dare you to try the Tinga wrap with the Coleslaw.		
Hot Meal	All Beef Hot Dog	CKC Sticky Drumstick	Bacon Boosted Mac & Cheese			Week I
	WG Hot Dog Bun, Ketchup & Mustard	Wheat Thins, WG Roll	<i>Spicy Alter-Ego of Macaroni & Cheese with Turkey Bacon & Jalepeno Bits</i>			
	Assorted Salad Bar	Assorted Salad Bar	WG Roll, Assorted Salad Bar			
	Strawberry Bites & Pineapple Tidbits	Chilled Pears & 100% Fruit Juice	Bananas & Choice Milk			
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo			

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

Skim & 1% milk served daily.

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

The menus are 100% pork-free.

All rice dishes /rice products are made of whole grain brown rice.

February 2024 Menu (Subject to Change)

Hot Meal	Thursday, February 1, 2024				Friday, February 2, 2024			
	Sesame Chicken				Fresh Baked Pizza Slice			
	Steamed Seasoned Brown Rice				Assorted Salad Bar			
	Assorted Salad Bar				Large Crisp Varietal Apple			
	Fresh Orange & 100% Fruit Juice				Choice Milk			
	Choice Milk							
	Chicken Caesar Wrap & Strawberry Bites				Grilled Chicken & Cheese Bun			
Cold								

Hot Meal	Monday, February 5, 2024	Tuesday, February 6, 2024	Wednesday, February 7, 2024	Thursday, February 8, 2024	Friday, February 9, 2024
	Cool Ranch Crunch Burger... (yep, we will send mayo)	Asian Chicken Dumplings	Beef Burrito Bowl	Mandarin Orange Chicken	Fresh Baked Pizza Slice
	Top your Burger with Ranch Doritos	Teriyaki 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	Fresh Orange & 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