

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>February - 2024</b>	

What's Cooking in CKC?		Thursday, February 1, 2024	Friday, February 2, 2024
<b>Hot Meal</b>	Teriyaki Dipping Sauce - Light Teriyaki sauce, with a fresh CKC twist. A hint of sweetness and savoriness elevates the Asian Chicken Dumplings to the next level.	<b>Sesame Chicken</b>	<b>Fresh Baked Pizza Slice</b>
	Bean & Cheese Pupusas - Thick Masa Tortillas filled with bean and cheese, tracing roots to Salvadoran Pupusas.	Steamed Seasoned Brown Rice	Assorted Salad Bar
<b>Cold</b>	Tots & Beef Crunch - Seasoned Beef Crumble with Smashed Tater Tots served over crunchy Tostitos	Assorted Salad Bar	Large Crisp Varietal Apple
		Fresh Orange & 100% Fruit Juice	Choice Milk
		Choice Milk	
		<b>Chicken Caesar Wrap &amp; Strawberry Bites</b>	<b>Grilled Chicken &amp; Cheese Bun</b>

Monday, February 5, 2024		Tuesday, February 6, 2024	Wednesday, February 7, 2024	Thursday, February 8, 2024	Friday, February 9, 2024
<b>Hot Meal</b>	<b>Cool Ranch Crunch Burger.</b> <i>(yep, we will send mayo)</i>	<b>Asian Chicken Dumplings</b>	<b>Beef Burrito Bowl</b>	<b>Mandarin Orange Chicken</b>	<b>Fresh Baked Pizza Slice</b>
	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		
<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, February 12, 2024		Tuesday, February 13, 2024	Wednesday, February 14, 2024	Thursday, February 15, 2024	Friday, February 16, 2024
<b>Hot Meal</b>	<b>Spicy Chicken Tenders &amp; Dip</b>	<b>Bean &amp; Cheese Pupusa</b>	<b>Smoky Texas Chicken Drumstick</b>	<b>Tots &amp; Beef Crunch</b>	<b>Fresh Baked Pizza Slice</b>
	Hot Cheetos	Boom Sauce	WG Dinner Roll & Sweet Chili Doritos	Seasoned Beef & Smashed Tater Tots served on Tostitos	Assorted Salad Bar
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Crema	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	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, February 19, 2024		Tuesday, February 20, 2024	Wednesday, February 21, 2024	Thursday, February 22, 2024	Friday, February 23, 2024
<b>Hot Meal</b>	<b>Spicy Chicken Patty Sandwich</b>	<b>Mongolian Meatballs</b>	<b>Chicken Corn Dog</b>	<b>Hearty Tinga Wrap</b>	<b>Fresh Baked Pizza Slice</b>
	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		
<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, February 26, 2024		Tuesday, February 27, 2024	Wednesday, February 28, 2024	Thursday, February 29, 2024
<b>Hot Meal</b>	<b>Spicy Crunchy Tender Roll-up</b>	<b>General Tso's Chicken</b>	<b>Walking Taco</b>	<b>Spicy Chicken Tikka Drumstick</b>
	Wg Tortilla, Chix Tenders, Boom Sauce	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef	Seasoned Rice
	Cool Ranch Doritos	Assorted Salad Bar	w/ Shred Chz & Cholula	Assorted Salad Bar
	Assorted Salad Bar & Pineapple Tidbits	Chilled Pears & 100% Fruit Juice	Assorted Salad Bar	Fresh Orange & 100% Fruit Juice
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>

\*\*\* 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.

March 2024 Menu (Subject to Change)

<b>Hot Meal</b>					Friday, March 1, 2024	<b>Week V</b>
					<b>Fresh Baked Pizza Slice</b> Assorted Salad Bar Large Crisp Varietal Apple Choice Milk Grilled Chicken & Cheese Bun	
Cold						

<b>Hot Meal</b>	Monday, March 4, 2024	Tuesday, March 5, 2024	Wednesday, March 6, 2024	Thursday, March 7, 2024	Friday, March 8, 2024	<b>Week VI</b>
	<b>Premium Spicy Chicken Nuggets w/ Youza Sauce</b> Flamas Assorted Salad Bar Pineapple Tidbits 100% Fruit Juice & Choice Milk	<b>Hot Italian Sub</b> 'All Beef' Marinara Meatballs & Shred Cheese served on WG Bun Assorted Salad Bar Chilled Pears & 100% Fruit Juice Sun Chips & Choice Milk	<b>Fritos Enchilada Nachos</b> Top your Fritos corn chips with Delicious Enchilada chicken, Shred Cheese & Boom Sauce Assorted Salad Bar Honey Grahams, Bananas & Choice Milk	<b>Butter Chicken</b> Steamed Seasoned Rice Assorted Salad Bar Fresh Orange 100% Fruit Juice & Choice Milk	<b>Fresh Baked Pizza Slice</b> Assorted Salad Bar Large Crisp Varietal Apple Choice Milk	
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap & Strawberry Bites	Grilled Chicken & Cheese Bun	

<b>Hot Meal</b>	Monday, March 11, 2024	Tuesday, March 12, 2024	Wednesday, March 13, 2024			<b>Week I</b>
	<b>All Beef Hot Dog</b> WG Hot Dog Bun, Ketchup & Mustard Assorted Salad Bar Strawberry Bites & Pineapple Tidbits 100% Fruit Juice & Choice Milk	<b>CKC Sticky Drumstick</b> Wheat Thins, WG Roll Assorted Salad Bar Chilled Pears & 100% Fruit Juice Choice Milk	<b>Bacon Boosted Mac &amp; Cheese</b> Spicy Alter-Ego of Macaroni & Cheese with Turkey Bacon & Jalapeno Bits WG Roll, Assorted Salad Bar Bananas & Choice Milk			
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo			