



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	

**March - 2024**

Whats Cooking in CKC?		Friday, March 1, 2024
Hot Meal	Chicken Tamale - Authentic, soft & moist Chicken & Green Sauce Tamale.  Southern Drumstick - Mildly Seasoned Southern style Chicken Drumstick.	<b>Fresh Baked Pizza Slice</b>  Assorted Salad Bar  Large Crisp Varietal Apple  Choice Milk
	Cold	Grilled Chicken & Cheese Bun

	Monday, March 4, 2024	Tuesday, March 5, 2024	Wednesday, March 6, 2024	Thursday, March 7, 2024	Friday, March 8, 2024
Hot Meal	<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	<i>New</i> <b>Authentic Chicken Tamale</b> Authentic, soft, moist Chicken & Green Sauce Tamale  Boom Sauce  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

	Monday, March 11, 2024	Tuesday, March 12, 2024	Wednesday, March 13, 2024	Thursday, March 14, 2024	Friday, March 15, 2024
Hot Meal	<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>Asian Chicken Pot Stickers</b> Teriyaki Dipping Sauce  Assorted Salad Bar  Bananas  Choice Milk	<b>Sesame Chicken</b> Steamed Seasoned Brown 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

	Monday, March 18, 2024	Tuesday, March 19, 2024	Wednesday, March 20, 2024	Thursday, March 21, 2024	Friday, March 22, 2024
Hot Meal	<b>Cool Ranch Crunch Burger.</b> <i>(yep, we will send mayo)</i> Top your Burger with Ranch Doritos  Assorted Salad Bar  Pineapple Tidbits  100% Fruit Juice & Choice Milk	<b>Brunch Lunch</b> French Toast Sticks & Syrup  Assorted Salad Bar  Chilled Pears & 100% Fruit Juice  Choice Milk	<b>Beef Burrito Bowl</b> Seasoned Beef, Cheese & Crema served on Warm Rice  Assorted Salad Bar  Bananas  Wafers & Choice Milk	<b>Mandarin Orange Chicken</b> Steamed Seasoned Brown 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

	Monday, March 25, 2024	Tuesday, March 26, 2024	Wednesday, March 27, 2024	Thursday, March 28, 2024	Friday, March 29, 2024
Hot Meal	<b>Spicy Chicken Tenders &amp; Dip</b> Hot Cheetos  Assorted Salad Bar  Pineapple Tidbits  100% Fruit Juice & Choice Milk	<b>Bean &amp; Cheese Pupusa</b> Boom Sauce  Assorted Salad Bar  Chilled Pears & 100% Fruit Juice  Choice Milk	<i>New</i> <b>Southern Drumstick</b> Mildly Seasoned Chicken Drumstick  WG Dinner Roll & Sweet Chili Doritos  Assorted Salad Bar  Bananas & Choice Milk	<b>Tots &amp; Beef Crunch</b> Seasoned Beef & Smashed Tater Tots served on Tostitos  Crema  Assorted Salad Bar & Fresh Orange  Vanilla Chat Snax, 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

\*\*\*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.