



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
May - 2024		

	Wednesday, May 1, 2024	Thursday, May 2, 2024	Friday, May 3, 2024	
Hot Meal	Beef Burrito Bowl	Mandarin Orange Chicken	Fresh Baked Pizza Slice	Week II
	Seasoned Beef, Cheese & Crema served on Warm Rice	Steamed Seasoned Brown Rice	Assorted Salad Bar	
	Assorted Salad Bar	Assorted Salad Bar	Large Crisp Varietal Apple	
	Bananas	Fresh Orange & 100% Fruit Juice	Choice Milk	
Cold	Wafers & Choice Milk	Choice Milk		
	Turkey Bun w/ Mayo	Chicken Caesar Wrap & Strawberry Bites	Grilled Chicken & Cheese Bun	

	Monday, May 6, 2024	Tuesday, May 7, 2024	Wednesday, May 8, 2024	Thursday, May 9, 2024	Friday, May 10, 2024	
Hot Meal	Spicy Chicken Tenders & Dip	Turkey Pepperoni Calzone	Southern Drumstick	Cheesy Beef Nachos	Fresh Baked Pizza Slice	Week III
	Hot Cheetos	Assorted Salad Bar	Mildly Seasoned Chicken Drumstick	Drizzle Cheese Sauce on top of Tostitos & Seasoned Beef	Assorted Salad Bar	
	Assorted Salad Bar	Chilled Pears	WG Dinner Roll & Sweet Chili Doritos	Assorted Salad Bar & Fresh Orange	Large Crisp Varietal Apple	
	Pineapple Tidbits	100% Fruit Juice	Assorted Salad Bar	100% Fruit Juice	Choice Milk	
Cold	100% Fruit Juice & Choice Milk	Choice Milk	Bananas & Choice Milk	Vanilla Chat Snax & Choice Milk		
	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun	

	Monday, May 13, 2024	Tuesday, May 14, 2024	Wednesday, May 15, 2024	Thursday, May 16, 2024	Friday, May 17, 2024	
Hot Meal	Cheeseburger	BYO Waffle Sliders	Corn Dog	Asian Chicken Pot Stickers	Fresh Baked Pizza Slice	Week IV
	Bakery Bun, Ketchup	Build Sliders with Mini Belgium Waffles & Turkey Sausage Patties & Dunk them in Syrup	WG Chicken Corn Dog served w/ Ketchup	Teriyaki Dipping Sauce	Assorted Salad Bar	
	Sweet Chili Doritos & Assorted Salad Bar	Assorted Salad Bar	Flamas & Assorted Salad Bar	Assorted Salad Bar & Fresh Orange	Large Crisp Varietal Apple	
	Pineapple Tidbits	Chilled Pears, 100% Fruit Juice & Choice Milk	Bananas	100% Fruit Juice	Choice Milk	
Cold	100% Fruit Juice & Choice Milk		Choice Milk	Choice Milk		
	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap & Strawberry Bites	Grilled Chicken & Cheese Bun	

	Monday, May 20, 2024	Tuesday, May 21, 2024	Wednesday, May 22, 2024	Thursday, May 23, 2024	Friday, May 24, 2024	
Hot Meal	Spicy Crunchy Tender Roll-up	General Tso's Chicken	Walking Taco	Teriyaki Drumstick	Fresh Baked Pizza Slice	Week V
	Wg Tortilla, Chix Tenders, Boom Sauce	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef	WG Roll & Strawberry Bites	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	
Cold	100% Fruit Juice & Choice Milk	Choice Milk	Chat Snax, Bananas & Choice Milk	Choice Milk		
	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun	

	Monday, May 27, 2024	Tuesday, May 28, 2024	Wednesday, May 29, 2024	Thursday, May 30, 2024	Friday, May 31, 2024	
Hot Meal	Premium Spicy Chicken Nuggets w/ Youza Sauce	Hot Italian Sub	Fritos Enchilada Nachos	Authentic Chicken Tamale	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	Authentic, soft, moist Chicken & Green Sauce Tamale	Assorted Salad Bar	
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Cholula Hot sauce	Large Crisp Varietal Apple	
	Pineapple Tidbits	Chilled Pears & 100% Fruit Juice	Assorted Salad Bar	Assorted Salad Bar & Fresh Orange	Choice Milk	
Cold	100% Fruit Juice & Choice Milk	Sun Chips & Choice Milk	Honey Grahams, Bananas & Choice Milk	100% Fruit Juice & Choice Milk		
	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap & Strawberry Bites	Grilled Chicken & Cheese Bun	

*** 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.

June 2024 Menu (Subject to Change)

	Monday, June 3, 2024	Tuesday, June 4, 2024	Wednesday, June 5, 2024	Thursday, June 6, 2024	Friday, June 7, 2024	
Hot Meal	Asian Chicken Pot Stickers	CKC Sticky Drumstick	All Beef Hot Dog	Spicy Chicken Patty Sandwich	Fresh Baked Pizza Slice	Week I
	Teriyaki Dipping Sauce	Wheat Thins, WG Roll	WG Bun, Ketchup	WG Bun, Ketchup & Mayo	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	Choice Milk	
	100% Fruit Juice & Choice Milk	Choice Milk	Strawberry Bites & Choice Milk	Cheese Crisps, 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, June 10, 2024	Tuesday, June 11, 2024		
Hot Meal	Cool Ranch Crunch Burger..(yep, we will send mayo)	Brunch Lunch		Week II
	Top your Burger with Ranch Doritos	French Toast Sticks & Syrup		
	Assorted Salad Bar	Assorted Salad Bar		
	Pineapple Tidbits	Chilled Pears & 100% Fruit Juice		
	100% Fruit Juice & Choice Milk	Choice Milk		
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun		