

HOT LUNCH		November	Twin Cities Academy	
SERVED DAILY				
"Regular Entrée and/or Meatless/Vegetarian Alternate Entree" Fresh Veggies and/or Lettuce - Carrots, Broccoli, Cucumber, Tomatoes, Celery, and/or Romaine, Iceberg, Spinach, Hummus Low Fat Dressing/Dip Fruit - Apple, Orange, Pear, Banana, Raisins, Craisins, Applesauce Cup, OR Assorted Fruit Juice Variety of Milk, including Skim				
Monday	Tuesday	Wednesday	Thursday	Friday
Nov 3	Nov 4	Nov 5	Nov 6	Nov 7
Chicken Qusadilla	Salisbury Steak	Marinated Chicken Leg	Chicken Corn Dog	Walking Taco
Pinto Beans	Mashed Potatoes & Roll	Yellow Rice		Salsa
Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Fruit, Milk
Nov 10	Nov 11	Nov 12	Nov 13	Nov 14
Chicken Alfredo	Sloppy Joe	Cheeseburger	Beef Lasagna	Cheesy Breadsticks
Garlic Toast	Potato Wedges	Baked Beans	Garlic Toast	Marinara Sauce
Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Milk
Nov 17	Nov 18	Nov 19	Nov 20	Nov 21
Chicken Patty Sandwich	Swedish Meatballs	Turkey Hot Dog	Cheeseburger	WalkingTacos
	Steamed Corn & Breadstick	Baked Beans	Swee Potato Wedges	Salsa
Salad, Veggies, Fruit, Milk	Salad, Fruit, Milk	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Milk
Nov 24	Nov 25	Nov 26	Nov 27	Nov 28
Chicken Strips	Chicken Corn Dog			
Steamed Corn& Dinner Roll		NO SCHOOL	NO SCHOOL	NO SCHOOL
Salad, Veggies, Fruit, Milk	Salad, Fruit, Milk			
MENUS SUBJECT TO INFREQUENT CHANGE BASED ON AVAILABILITY OF ITEMS Note: Menus may use ingredients that contain nuts/seeds, milk, egg, soybean, and other products. <i>This institution is an equal opportunity provider.</i>			Our Commitment “Healthy Food, Healthy Message” We provide wholesome, delicious, real food that helps teach the right message to children.	