

Menu Name : Twin Cities International Lunch Menu					
Grade Level / Age Group : K-8 Grades		Meal Pattern : NSLP		Meal : Lunch	
FEBRUARY - 2025					
	Monday, February 3, 2025	Tuesday, February 4, 2025	Wednesday, February 5, 2025	Thursday, February 6, 2025	Friday, February 7, 2025
Hot Meals	Crunch Wrap	Cheeseburger	Spicy Buffalo Chicken Calzone	Tinga & Corn Chips	Fresh Baked Big Daddy's Pizza
	WG Tortilla, Shred Cheese, Ranch Dip	Cool Ranch Doritos	Celery Sticks	Spicy Chicken Tinga served with Corn Chips	Baby Carrots
	Shred Lettuce	Garden Greens & Dressing	Daily Fruit	Lime Corn Salad	Daily Fruit
	Cheesy Refried Beans	Daily Fruit	Choice Milk	Sliced Cucumbers	Choice Milk
	Daily Fruit & Choice Milk	Choice Milk		Daily Fruit & Choice Milk	
	Monday, February 10, 2025	Tuesday, February 11, 2025	Wednesday, February 12, 2025	Thursday, February 13, 2025	Friday, February 14, 2025
Hot Meals	Brunch Lunch	Juicy Ranch Drumstick	Beef Sambusa	Asian Chow Mein Bowl	Fresh Baked Big Daddy's Pizza
	Easy-Bite Waffles & Syrup served with Yogurt Cup	Fresh Bakery Roll	Corn Chips & Cholula	Whole Grain Chow Mein Noodles with Asian Sesame Chicken	Baby Carrots
	Hashbrown Patties & Ketchup	CKC Baked Beans & Carrot Slims	Corn Salad	Mixed Greens Salad & Dressing	Daily Fruit
	Sliced Cucumbers, Daily Fruit	Daily Fruit	Daily Fruit	Daily Fruit	Choice Milk
	Choice Milk	Choice Milk	Choice Milk	Choice Milk	Grahams
	Monday, February 17, 2025	Tuesday, February 18, 2025	Wednesday, February 19, 2025	Thursday, February 20, 2025	Friday, February 21, 2025
Hot Meals	Golden Breaded Chicken Patty Sandwich	Walking Taco	French Bread Pizza	Chicken Nuggets w/ Ketchup	Fresh Baked Big Daddy's Pizza
	Ketchup	Nacho Cheese Doritos, Cheese & Crema	Sliced Cucumbers w/ Dip	Baby Carrots & Ranch Dip	Garden Greens Salad & Homemade Dressing
	Corn Salad	Black Bean Salad & Shred Lettuce	Daily Fruit	Daily Fruit	Daily Fruit
	Celery Sticks	Daily Fruit	Choice Milk	WG Roll	Choice Milk
	Daily Fruit & Choice Milk	Choice Milk		Choice Milk	Fresh Baked Cookie
	Monday, February 24, 2025	Tuesday, February 25, 2025	Wednesday, February 26, 2025	Thursday, February 27, 2025	Friday, February 28, 2025
Hot Meals	Chicken Tenders & Ketchup	Penne Pomodoro	Mandarin Orange Chicken	Old Fashioned Hamburger	Fresh Baked Big Daddy's Pizza
	Crispy Ranch Crackers	W/ Cheese	Steamed Brown Rice	Beef Patty, WG Bun & Ketchup	Garden Greens Salad & Dressing
	Pinto Bean Salad & Cucumbers	Baby Carrots	Celery Sticks & Dip	Corn Salad	Daily Fruit
	Daily Fruit	Daily Fruit	Daily Fruit	Daily Fruit	Choice Milk
	Choice Milk	Choice Milk	Choice Milk	Choice Milk	

Proteins in School Meals

Protein gets a lot of attention these days. In school meals, we categorize protein-rich foods as “meat and meat alternatives.” These include lean meats such as poultry and beef, beans/legumes and cheese. By offering a variety of options on our menus, we accommodate a range of dietary preferences and needs.

These foods are rich sources of protein, essential for building and repairing tissues, supporting immune function, and maintaining overall health. Additionally, they provide vital nutrients such as iron, zinc and B vitamins, which are crucial for cognitive function, energy metabolism and overall well-being.

Skim & 1% milk served daily.

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

This menu is 100% pork-free.

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



MARCH 2025 Menu (Subject to Change)						
	Monday, March 3, 2025	Tuesday, March 4, 2025	Wednesday, March 5, 2025	Thursday, March 6, 2025	Friday, March 7, 2025	
Hot Meals	Spicy Chicken Sandwich	Burrito Bowl	Brunch Lunch	Twisted Cheese Breadsticks	Fresh Baked Big Daddy's Pizza	Week IV
	WG Bun & Ketchup	Taco Beef, Seasoned Rice	French Toast Sticks & Syrup	Warm Red Sauce	Mixed Greens Salad & Dressing	
	Pinto Beans Salad	Corn Salad & Boom Sauce	Sliced Cucumbers & Dip	Carrot Slims & Dip	Daily Fruit	
	Sliced Cucumbers & Dip	Daily Fruit	Daily Fruit	Daily Fruit	Choice Milk	
	Daily Fruit & Choice Milk	Choice Milk	Choice Milk	Choice Milk		
	Monday, March 10, 2025	Tuesday, March 11, 2025	Wednesday, March 12, 2025	Thursday, March 13, 2025	Friday, March 14, 2025	
Hot Meals	Premium Chicken Nuggets	BBQ Chicken Drumstick	CKC Chef's Texas Burger	Mandarin Orange Chicken	Fresh Baked Big Daddy's Pizza	Week V
	Ranch Dip	Potato Stix & Ketchup	Celery Sticks & Dip	Seasoned Rice	Baby Carrots & Dip	
	Wheat Crackers	Daily Fruit	Daily Fruit	Crisp Broccoli & Dip	Daily Fruit	
	Pinto Bean Salad & Cucumbers	WG Dinner Roll	Choice Milk	Daily Fruit	Choice Milk	
	Daily Fruit & Choice Milk	Choice Milk		Choice Milk	Fresh Baked Cookie	