



Menu Name : Twin Cities International Lunch Menu Grade Level / Age Group : K-8 Grades					Meal Pattern : NSLP	Meal : Lunch
MAY - 2025						
Hot Meals	<u>Milk in School Meals</u> Milk is more than just a beverage; it's a powerhouse of essential nutrients crucial for growing bodies. From calcium and vitamin D to protein and potassium, milk offers a myriad of health benefits, supporting bone health, muscle function and overall growth. We offer fat-free and low-fat (unflavored or flavored) milk at mealtimes. This ensures students receive the nutritional benefits of milk without added fats. For students with a medically documented food allergy, we provide lactose-free milk as an alternative.				Thursday, May 1, 2025	Friday, May 2, 2025
					Tinga & Corn Chips Spicy Chicken Tinga served with Corn Chips Lime Corn Salad Sliced Cucumbers Daily Fruit & Choice Milk	Fresh Baked Big Daddy's Pizza Baby Carrots Daily Fruit Choice Milk
Hot Meals	Monday, May 5, 2025	Tuesday, May 6, 2025	Wednesday, May 7, 2025	Thursday, May 8, 2025	Friday, May 9, 2025	Week I
	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	
Hot Meals	Monday, May 12, 2025	Tuesday, May 13, 2025	Wednesday, May 14, 2025	Thursday, May 15, 2025	Friday, May 16, 2025	Week II
	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	
Hot Meals	Monday, May 19, 2025	Tuesday, May 20, 2025	Wednesday, May 21, 2025	Thursday, May 22, 2025	Friday, May 23, 2025	Week III
	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		
Hot Meals	Monday, May 26, 2025	Tuesday, May 27, 2025	Wednesday, May 28, 2025	Thursday, May 29, 2025	Friday, May 30, 2025	Week IV
	Spicy Chicken Sandwich	Burrito Bowl	Brunch Lunch	Twisted Cheese Breadsticks	Fresh Baked Big Daddy's Pizza	
	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		

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.



JUNE 2025 Menu (Subject to Change)

Hot Meals	Monday, June 2, 2025	Tuesday, June 3, 2025	Wednesday, June 4, 2025	Thursday, June 5, 2025	Friday, June 6, 2025	Week V
	Premium Chicken Nuggets	BBQ Chicken Drumstick	Beef Taco Stick w/ Salsa	Mandarin Orange Chicken	Fresh Baked Big Daddy's Pizza	
	Ranch Dip	Potato Stix & Ketchup	Pinto Bean Salad	Seasoned Rice	Baby Carrots & Dip	
	Wheat Crackers	Daily Fruit	Celery Sticks & Dip	Crisp Broccoli & Dip	Daily Fruit	
	Fresh Sliced Cucumbers	WG Dinner Roll	Daily Fruit	Daily Fruit	Choice Milk	
	Daily Fruit & Choice Milk	Choice Milk	Choice Milk	Choice Milk	Fresh Baked Cookie	
Hot Meals	Monday, June 9, 2025	Tuesday, June 10, 2025	Wednesday, June 11, 2025			Week VI
	Crunch Wrap	Cheeseburger	Spicy Buffalo Chicken Calzone			
	WG Tortilla, Shred Cheese, Ranch Dip	Cool Ranch Doritos	Celery Sticks			
	Shred Lettuce	Garden Greens & Dressing	Daily Fruit			
	Cheesy Refried Beans	Daily Fruit	Choice Milk			
	Daily Fruit & Choice Milk	Choice Milk				



Menu Name : Twin Cities International Breakfast Menu					Meal Pattern : NSLP		Meal : Breakfast			
Grade Level / Age Group :K-8 Grades					MAY - 2025					
Breakfast	<div><h3>Milk in School Meals</h3><p>Milk is more than just a beverage; it's a powerhouse of essential nutrients crucial for growing bodies. From calcium and vitamin D to protein and potassium, milk offers a myriad of health benefits, supporting bone health, muscle function and overall growth.</p><p>We offer fat-free and low-fat (unflavored or flavored) milk at mealtimes. This ensures students receive the nutritional benefits of milk without added fats. For students with a medically documented food allergy, we provide lactose-free milk as an alternative.</p></div>				Thursday, May 1, 2025		Friday, May 2, 2025			
					Lemon Poppyseed Breakfast Bread		Eggo Pancakes			
					100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)			
					Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)			
					Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day					
Breakfast	Monday, May 5, 2025		Tuesday, May 6, 2025		Wednesday, May 7, 2025		Thursday, May 8, 2025		Friday, May 9, 2025	
	Apple Frudel		Banana Chocolate Chip Oatmeal Round		Orange Dream Muffin		Mini Cinnis		Warm Choco Donut Bites	
	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)	
	Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day									
Breakfast	Monday, May 12, 2025		Tuesday, May 13, 2025		Wednesday, May 14, 2025		Thursday, May 15, 2025		Friday, May 16, 2025	
	Maple Snack'n Waffle		Vanilla Boli		Cinnamon Roll		Mini Pancake Puffs		Warm French Toast Sticks Pack or WG Brekkie	
	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)	
	Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day									
Breakfast	Monday, May 19, 2025		Tuesday, May 20, 2025		Wednesday, May 21, 2025		Thursday, May 22, 2025		Friday, May 23, 2025	
	Banana Chocolate Chip Oatmeal Round		Glazed Honey Breakfast Bun		Super Slice Bread		Cake Glazed Donut		Eggo Waffles	
	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)	
	Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day									
Breakfast	Monday, May 26, 2025		Tuesday, May 27, 2025		Wednesday, May 28, 2025		Thursday, May 29, 2025		Friday, May 30, 2025	
	WG Brekkie		Cinnamon Toast Crunch Muffin		Banana Loaf		Choco Crisp Belgian Waffle		Warm Choco Donut Bites	
	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)		Choice Milk & Second Fruit (1 item each)	
	Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day									
*** Three Items meet USDA requirements (One Item must be fruit).										
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.										

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.



JUNE 2025 Menu (Subject to Change)					
Breakfast	Monday, June 2, 2025	Tuesday, June 3, 2025	Wednesday, June 4, 2025	Thursday, June 5, 2025	Friday, June 6, 2025
	Strawberry Boli	French Toast Breakfast Bread	Banana Chocolate Chip Muffin	Donut Pull Aparts	Warm Caramel Mini Cinnis
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)
	Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day				
Breakfast	Monday, June 9, 2025	Tuesday, June 10, 2025	Wednesday, June 11, 2025		
	Pumpkin Muffin	Chocolate Cake Donut	Apple Cinnamon Brekkie		
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)		
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)		
	Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day				



Menu Name : K-8 Grades Allergen Free Lunch Menu

Grade Level / Age Group : K-8 Grades

Meal Pattern : NSLP

Meal : Lunch

MAY - 2025

NO DAIRY
NO GLUTEN (NO WHEAT)
NO EGG
NO SOY
NO FISH

NO SHELL FISH
NO SESAME (SEEDS & OIL)
NO PEANUTS
NO TREE NUTS
NO SUNFLOWER (SEEDS, OIL & BUTTER)

Milk in School Meals

Milk is more than just a beverage; it's a powerhouse of essential nutrients crucial for growing bodies. From calcium and vitamin D to protein and potassium, milk offers a myriad of health benefits, supporting bone health, muscle function and overall growth.

We offer fat-free and low-fat (unflavored or flavored) milk at mealtimes. This ensures students receive the nutritional benefits of milk without added fats. For students with a medically documented food allergy, we provide lactose-free milk as an alternative.

Thursday, May 1, 2025

Friday, May 2, 2025

Beef Meatballs

Chicken & Potatoes

Brown Rice

Steamed Rice

Steamed Carrots & Peas

Fresh Carrot Slims

Fruit of the Day

Fruit of the Day

Corn Chips & Milk Substitute

Milk Substitute

Monday, May 5, 2025

Tuesday, May 6, 2025

Wednesday, May 7, 2025

Thursday, May 8, 2025

Friday, May 9, 2025

Yummy Beef & Scallion

Chicken Sukkhar

Beef Fried Rice

Spice Rubbed Chicken Fillet

Beef Taco Meat Over Rice

Golden Corn Chips

Steamed Rice

Fresh Broccoli

Steamed Rice

Serve Seasoned Beef on Brown Rice

Black Bean & Fresh Carrots

Steamed Green Beans

Fruit of the Day

Baby Carrots

Steamed Black Beans & Corn

Fruit of the Day

Fruit of the Day

Milk Substitute

Fruit of the Day

Fruit of the Day & Corn Chips

Milk Substitute

Milk Substitute

Milk Substitute

Milk Substitute

Monday, May 12, 2025

Tuesday, May 13, 2025

Wednesday, May 14, 2025

Thursday, May 15, 2025

Friday, May 16, 2025

Chicken Supreme

Beef Nachos

Marinated Grilled Chicken Fillet

Chicken Pilaf

Beef & Potatoes

Steamed Rice

Taco Beef & Golden Corn Chips

Brown Rice

Crisp Broccoli

Steamed Rice

Steamed Green Beans

Black Bean & Corn

Fresh Baby Carrots

Fruit of the Day

Steamed Peas

Fruit of the Day

Fruit of the Day

Fruit of the Day

Milk Substitute

Fruit of the Day

Milk Substitute

Milk Substitute

Milk Substitute

Milk Substitute

Milk Substitute

Monday, May 19, 2025

Tuesday, May 20, 2025

Wednesday, May 21, 2025

Thursday, May 22, 2025

Friday, May 23, 2025

Chicken Fried Rice

Beef & Broccoli

Chicken Fajita w/Rice

Beef Meatballs

Chicken & Potatoes

Steamed Broccoli

Brown Rice

Seasoned Chicken & Peppers

Brown Rice

Steamed Rice

Fruit of the Day

Steamed Corn

Served w/ Brown Rice

Steamed Carrots & Peas

Fresh Carrot Slims

Milk Substitute

Fruit of the Day

Black Beans

Fruit of the Day

Fruit of the Day

Milk Substitute

Fruit of the Day & Milk Substitute

Corn Chips & Milk Substitute

Milk Substitute

Monday, May 26, 2025

Tuesday, May 27, 2025

Wednesday, May 28, 2025

Thursday, May 29, 2025

Friday, May 30, 2025

Yummy Beef & Scallion

Chicken Sukkhar

Beef Fried Rice

Spice Rubbed Chicken Fillet

Beef Taco Meat Over Rice

Golden Corn Chips

Steamed Rice

Fresh Broccoli

Steamed Rice

Serve Seasoned Beef on Brown Rice

Black Bean & Fresh Carrots

Steamed Green Beans

Fruit of the Day

Baby Carrots

Steamed Black Beans & Corn

Fruit of the Day

Fruit of the Day

Milk Substitute

Fruit of the Day

Fruit of the Day & Corn Chips

Milk Substitute

Milk Substitute

Milk Substitute

Milk Substitute

CKC Good Food follows a detailed process to make sure our allergen free menu meals are free of the allergens listed on our allergen free menu. **Please be aware** that the disclaimers from manufacturers and distributors state that the food ingredients we use for our allergen free food/s may have been manufactured/stored in a space where other food ingredients, that may contain potential allergen ingredients like gluten or peanuts are processed/stored.

Milk / Milk Substitute offered daily. Milk Substitute includes but not limited to Soyfree milk, Lactose Free Milk or Cow's Milk (For Non-Dairy Allergic Participants) etc.
 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.



JUNE 2025 Menu (Subject to Change)

JUNE 2025 Menu (Subject to Change)					
Hot Meals	Monday, June 2, 2025	Tuesday, June 3, 2025	Wednesday, June 4, 2025	Thursday, June 5, 2025	Friday, June 6, 2025
	Chicken Supreme	Beef Nachos	Marinated Grilled Chicken Fillet	Chicken Pilaf	Beef & Potatoes
	Steamed Rice	Taco Beef & Golden Corn Chips	Brown Rice	Crisp Broccoli	Steamed Rice
	Steamed Green Beans	Black Bean & Corn	Fresh Baby Carrots	Fruit of the Day	Steamed Peas
	Fruit of the Day	Fruit of the Day	Fruit of the Day	Milk Substitute	Fruit of the Day
	Milk Substitute	Milk Substitute	Milk Substitute		Milk Substitute
Hot Meals	Monday, June 9, 2025	Tuesday, June 10, 2025	Wednesday, June 11, 2025		
	Chicken Fried Rice	Beef & Broccoli	Chicken Fajita w/Rice		
	Steamed Broccoli	Brown Rice	Seasoned Chicken & Peppers		
	Fruit of the Day	Steamed Corn	Served w/ Brown Rice		
	Milk Substitute	Fruit of the Day	Black Beans		
		Milk Substitute	Fruit of the Day & Milk Substitute		