Take n' Talk Menu

Indianola Middle School

Indianola Middle School participated in a Team Nutrition pilot to offer a grab n' go line as a convenient option. Students chose the name "Take n' Talk" as this line allowed them more time to talk with their friends. All "Take n' Talk" options include a full reimbursable meal with a choice of milk.

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey & Swiss Sub Applesauce Vegetable Sticks w/Ranch Mayonnaise	Chef Salad (Egg & Cheese) w/Ranch Whole Grain Breadstick Crunchy Bonzo Beans Pineapple	Strawberry Parfait Vegetable Dipper Mix w/Ranch Pineapple	Italian Wrap Fresh Celery w/Ranch Potato Salad Dried Cranberries Grape Juice	Bean & Cheese Nachos Tortilla Chips Tropical Juice Apple
Italian Sub Applesauce Vegetable Sticks w/Ranch Mayonnaise	Chef Salad (Ham & Cheese) w/Ranch Whole Grain Breadstick Black Bean Salad Peaches	Banana Parfait Vegetable Dipper Mix w/Ranch Pineapple	Ham & Cheese Wrap Fresh Celery w/Ranch Potato Salad	Bean & Cheese Nachos Tortilla Chips Tropical Juice Apple

For recipes, certification worksheets, weighted nutrition values and additional grab n' go menus for breakfast and lunch visit:
https://www.educateiowa.gov/school-nutrition-standards-2012