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.

### Take n’ Talk Menu

#### Monday
- **Turkey & Swiss Sub** w/ Mayo
- **Applesauce**
- **Vegetable Sticks** w/Ranch

#### Tuesday
- **Chef Salad (Egg & Cheese) w/Ranch**
- **WG Breadstick**
- **Crunchy Bonzo Beans**
- **Pineapple**

#### Wednesday
- **Strawberry Parfait**
- **Vegetable Dipper Mix** w/Ranch
- **Pineapple**

#### Thursday
- **Italian Wrap**
- **Fresh Celery w/Ranch**
- **Potato Salad**
- **Dried Cranberries**
- **Grape Juice**

#### Friday
- **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: