



# May Lunch

## SECONDARY 2024



# TRUE FOOD

MPS CULINARY & WELLNESS SERVICES

EST. 2012

Know Your Food Contains Pork Meatless Option Farm to School Contains Fish

**W 1**

**Mill City Café**  
Nashville Hot Chicken Sandwich

**Grill Entrée**  
 Turkey Sausage Grinder Breaded Chicken Patty Sandwich, Beef Hamburger/Cheeseburger Nori Burger/Hoagie

Served with Cole Slaw

**T 2**

**Mill City Café**  
 Cheese Lasagna, Garlic Toast

**Grill Entrée**  
 Turkey Sausage Grinder Breaded Chicken Patty Sandwich, Beef Hamburger/Cheeseburger Nori Burger/Hoagie

Served with California Blend Vegetables

**F 3**

**Mill City Café**  
 Turkey Hot Dog, with chili

**Grill Entrée**  
 Turkey Sausage Grinder Breaded Chicken Patty Sandwich, Beef Hamburger/Cheeseburger Nori Burger

Served with Tater Tots

**M 6**

**Mill City Café**  
Beef Tacos Sofritas Tacos Cilantro Lime Slaw

**Grill Entrée**  
Philly Cheesesteak Sandwich Veggie Philly Sandwich Breaded Chicken Patty Sandwich, Beef Hamburger/Cheeseburger Spicy Black Bean Burger

Served with Seasoned Black Beans

**T 7**

**Mill City Café**  
Penne Pasta Bowl with Italian Beef Italian Turkey Sausage Italian Vegetable Crumble

**Grill Entrée**  
Philly Cheesesteak Sandwich Veggie Philly Sandwich Breaded Chicken Patty Sandwich, Beef Hamburger/Cheeseburger Spicy Black Bean Burger

Served with Roasted Italian Vegetables

**W 8**

**Mill City Café**  
Buffalo Chicken Flatbread

**Grill Entrée**  
Philly Cheesesteak Sandwich, Veggie Philly Sandwich Breaded Chicken Patty Sandwich, Beef Hamburger/Cheeseburger, Spicy Black Bean Burger

Served with Potato Wedge

**T 9**

**#MNTHURS**

**Mill City Café**  
 Turkey Nachos Seasoned Bean Nachos

**Grill Entrée**  
Philly Cheesesteak Sandwich, Veggie Philly Sandwich Breaded Chicken Patty Sandwich, Beef Hamburger/Cheeseburger, Spicy Black Bean Burger

Served with Cilantro Lime Slaw Zesty Lime Yogurt Cake

**F 10**

**Mill City Café**  
Beef Pepperoni Pizza Buffalo Chicken Pizza Four Cheese Pizza

**Grill Entrée**  
Philly Cheesesteak Sandwich Veggie Philly Sandwich Breaded Chicken Patty Sandwich, Beef Hamburger/Cheeseburger Spicy Black Bean Burger

Served with French Fries

**M 13**

**Mill City Café**  
Chicken Alfredo, Soy Nuggets & Alfredo with Penne Pasta

**Grill Entrée**  
 Honey Chipotle Fish Sandwich Breaded Chicken Patty Sandwich, Beef Hamburger/Cheeseburger Nori Burger

Served with Roasted Fresh Broccoli

**T 14**

**Mill City Café**  
Mediterranean Bowl with Harissa Beef, Harissa Chicken Falafel Tots Barliis Rice

**Grill Entrée**  
 Honey Chipotle Fish Sandwich Breaded Chicken Patty Sandwich, Beef Hamburger/Cheeseburger, Nori Burger

Served with Tomato Cucumber Salad

**W 15**

**Mill City Café**  
Chicken Wing Bar Dinner Roll Soy Nuggets

**Grill Entrée**  
 Honey Chipotle Fish Sandwich Breaded Chicken Patty Sandwich, Beef Hamburger/Cheeseburger Nori Burger

Served with Potato Wedge

**T 16**

**Mill City Café**  
Chicken & Cheese Quesadilla, Black Bean & Cheese Quesadilla, Southwest Rice

**Grill Entrée**  
 Honey Chipotle Fish Sandwich, Breaded Chicken Patty Sandwich, Beef Hamburger/Cheeseburger, Nori Burger

Served with Seasoned Corn

**F 17**

**Mill City Café**  
 Texas Toast Grilled Cheese Tomato Soup

**Grill Entrée**  
 Honey Chipotle Fish Sandwich Breaded Chicken Patty Sandwich, Beef Hamburger/Cheeseburger Nori Burger

Served with French Fries

**M 20**

**Mill City Café**  
Buffalo Chicken Mac & Cheese Creamy Mac & Cheese

**Grill Entrée**  
 BBQ Pork Sandwich Breaded Chicken Patty Sandwich, Beef Hamburger/Cheeseburger Spicy Black Bean Burger

Served with Roasted Broccoli

**T 21**

**Mill City Café**  
TexMex Bowl with Beef Taco Meat Pulled Southwest Turkey Fiesta Meatless Crumbles Cilantro Lime Rice

**Grill Entrée**  
 BBQ Pork Sandwich Breaded Chicken Patty Sandwich, Beef Hamburger/Cheeseburger, Spicy Black Bean Burger

Served with Seasoned Black Beans

**W 22**

**Mill City Café**  
Spaghetti with Meatballs Nori Nuggets with Marinara Garlic Texas Toast

**Grill Entrée**  
 BBQ Pork Sandwich Breaded Chicken Patty Sandwich, Beef Hamburger/Cheeseburger Spicy Black Bean Burger

Served with Steamed Green Beans

**T 23**

**Mill City Café**  
Oven Fried Chicken Wholegrain Corn Bread

**Grill Entrée**  
 BBQ Pork Sandwich Breaded Chicken Patty Sandwich, Beef Hamburger/Cheeseburger Spicy Black Bean Burger

Served with Mashed Potatoes

**F 24**

**Mill City Café**  
Beef Pepperoni Pizza, Four Cheese Pizza Veggie Pizza

**Grill Entrée**  
 BBQ Pork Sandwich Breaded Chicken Patty Sandwich, Beef Hamburger/Cheeseburger, Spicy Black Bean Burger

Served with French Fries

**M 27**

**NO SCHOOL**

**T 28**

**Mill City Café**  
Brown Rice or Noodle Bowl Tempura Chicken Beef Bulgogi Tofu Bites Sweet & Sour Sauce

**Grill Entrée**  
 Turkey Sausage Grinder Breaded Chicken Patty Sandwich, Beef Hamburger/Cheeseburger Nori Burger/Hoagie

Served with Roasted Fresh Broccoli

**W 29**

**Mill City Café**  
Nashville Hot Chicken Sandwich

**Grill Entrée**  
 Turkey Sausage Grinder Breaded Chicken Patty Sandwich, Beef Hamburger/Cheeseburger Nori Burger/Hoagie

Served with Cole Slaw

**T 30**

**Mill City Café**  
 Cheese Lasagna, Garlic Toast

**Grill Entrée**  
 Turkey Sausage Grinder Breaded Chicken Patty Sandwich, Beef Hamburger/Cheeseburger Nori Burger/Hoagie

Served with California Blend Vegetables

**F 31**

**Mill City Café**  
 Turkey Hot Dog, with chili

**Grill Entrée**  
 Turkey Sausage Grinder Breaded Chicken Patty Sandwich, Beef Hamburger/Cheeseburger Nori Hoagie

Served with Tater Tots