



September Lunch

SECONDARY 2024



This institution is an equal opportunity provider.
mpschools.org/menus

M 2

**LABOR DAY
NO SCHOOL**

T 3

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

Grill Entrée
Philly Cheesesteak Sandwich,
🌱 Plant-based Sloppy Joe,
Breaded Chicken
Patty Sandwich
Beef Hamburger/Cheeseburger

Served with
Roasted Italian Vegetables

W 4

Mill City Café
Buffalo Chicken Flatbread

Grill Entrée
Philly Cheesesteak Sandwich,
Breaded Chicken
🌱 Plant-based Sloppy Joe,
Patty Sandwich,
Beef Hamburger/Cheeseburger

Served with
🍷 Cole Slaw
Potato Wedge

T 5

#MNTHURS

Mill City Café
🍷 Turkey Hot Dog

Grill Entrée
Chicken Gyro,
🌱 Plant-based Sloppy Joe
Breaded Chicken
Patty Sandwich,
Beef Hamburger/Cheeseburger

Served with
🍷 Corn on the Cob
🍉 Watermelon

F 6

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

Grill Entrée
Chicken Gyro,
🌱 Plant-based Sloppy Joe,
Breaded Chicken
Patty Sandwich,
Beef Hamburger/Cheeseburger

Served with
French Fries

M 9

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

Grill Entrée
Nashville Hot Chicken Sandwich,
🍷 Honey Chipotle Fish Sandwich,
Beef Hamburger/Cheeseburger
🌱 Crispy Soy Patty Sandwich

Served with
Green Beans

T 10

Mill City Café
Ramen with Chicken
🌱 Ramen with Tofu

Grill Entrée
Nashville Hot Chicken Sandwich,
🍷 Honey Chipotle Fish Sandwich,
Beef Hamburger/Cheeseburger
🌱 Crispy Soy Patty Sandwich

Served with
Roasted Italian Vegetables

W 11

Mill City Café
Red Beans & Sausage
🌱 Stewed Red Beans

Grill Entrée
Nashville Hot Chicken Sandwich,
🍷 Honey Chipotle Fish Sandwich,
Beef Hamburger/Cheeseburger
🌱 Crispy Soy Patty Sandwich

Served with
Rice,
Corn Bread,
🍷 Braised Kale

T 12

Mill City Café
Chicken & Cheese Quesadilla,
🌱 Black Bean & Cheese Quesadilla

Grill Entrée
Nashville Hot Chicken Sandwich,
🍷 Bánh mi,
Beef Hamburger/Cheeseburger
🌱 Crispy Soy Patty Sandwich

Served with
🍷 Calabacitas

F 13

Mill City Café
🌱 Pepperjack Grilled Cheese
🌱 Tomato Soup

Grill Entrée
Nashville Hot Chicken Sandwich,
🍷 Bánh mi,
Beef Hamburger/Cheeseburger
🌱 Crispy Soy Patty Sandwich

Served with
Baked Beans

M 16

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

Grill Entrée
Beef & Cheddar Sandwich,
🌱 Spicy Black Bean Burger,
Breaded Chicken
Patty Sandwich,
Beef Hamburger/Cheeseburger

Served with
Roasted Broccoli

T 17

Mill City Café
TexMex Chicken Mac with Beef Taco Meat
🍷 Pulled Southwest Turkey
🌱 Fiesta Meatless Crumbles
Cilantro Lime Rice OR Chips

Grill Entrée
Beef & Cheddar Sandwich,
🌱 Spicy Black Bean Burger,
Breaded Chicken
Patty Sandwich,
Beef Hamburger/Cheeseburger

Served with
Seasoned Black Beans

W 18

Mill City Café
Chicken Wing Bar Dinner Roll
🌱 Soy Nuggets

Grill Entrée
Beef & Cheddar Sandwich,
🌱 Spicy Black Bean Burger,
Breaded Chicken
Patty Sandwich,
Beef Hamburger/Cheeseburger

Served with
Potato Wedges

T 19

Mill City Café
🍷 Turkey Nachos
🌱 Seasoned Bean Nachos

Grill Entrée
Parmesan Chicken Caesar Wrap,
🌱 Spicy Black Bean Burger,
Breaded Chicken
Patty Sandwich,
Beef Hamburger/Cheeseburger

Served with
🍷 Cilantro Lime Slaw

F 20

Mill City Café
Beef Pepperoni Pizza,
🌱 Four Cheese Pizza
🌱 Zesty Italian Crumble Pizza

Grill Entrée
Parmesan Chicken Caesar Wrap,
🌱 Spicy Black Bean Burger,
Breaded Chicken
Patty Sandwich,
Beef Hamburger/Cheeseburger

Served with
Tater Tots

M 23

Mill City Café
Beef Tacos
🌱 Sofritas Tacos

Grill Entrée
Nashville Hot Chicken Sandwich,
Beef Hamburger/Cheeseburger
🌱 Plant-based Sloppy Joe,
Meatball Hoagie

Served with
Seasoned Black Beans

T 24

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

Grill Entrée
Nashville Hot Chicken Sandwich,
Beef Hamburger/Cheeseburger
🌱 Plant-based Sloppy Joe,
Meatball Hoagie

Served with
Roasted Broccoli

W 25

Mill City Café
Spaghetti with Mega Italian Meatball
🌱 Zesty Italian Crumbles with Marinara
Garlic Toast

Grill Entrée
Nashville Hot Chicken Sandwich,
Beef Hamburger/Cheeseburger
🌱 Plant-based Sloppy Joe,
Meatball Hoagie

Served with
🍷 Green Beans

T 26

Mill City Café
Oven Fried Chicken
🌱 Baked Soy Nuggets,
Corn Bread

Grill Entrée
Nashville Hot Chicken Sandwich,
Beef Hamburger/Cheeseburger
🌱 Plant-based Sloppy Joe,
Chicken Salad on a Butter Bun

Served with
🍷 Braised Greens

F 27

Mill City Café
Beef Hot Dog,
Beef Chili

Grill Entrée
Nashville Hot Chicken Sandwich,
Beef Hamburger/Cheeseburger
🌱 Plant-based Sloppy Joe,
Chicken Salad on a Butter Bun

Served with
Tater Tots

M 30

Mill City Café
🌱 Bean & Cheese Pupusas

Grill Entrée
Philly Cheesesteak Sandwich,
🌱 Plant-based Sloppy Joe,
Breaded Chicken
Patty Sandwich
Beef Hamburger/Cheeseburger

Served with
Curtido,
Calabacitas



Know Your Food 🍷 Contains Pork 🌱 Meatless Option 🍷 Farm to School 🐟 Contains Fish

Due to supply chain and distribution issues impacting our district and the world, our menu is subject to change. Keep this in mind when reviewing our printed and on-line menus. For the most up to date information, visit cws.mpls.k12.mn.us.