



# October Lunch

## SECONDARY 2024



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Know Your Food

- Contains Pork
- Meatless Option
- Farm to School
- Contains Fish

<b>T 1</b> <b>Mill City Café</b> Penne Pasta Bowl with Italian Beef Italian Turkey Sausage Zesty Italian Meatless Crumbles <b>Grill Entrée</b> Philly Cheesesteak Sandwich, Plant-based Sloppy Joe Breaded Chicken Patty Sandwich Beef Hamburger/Cheeseburger Served with Roasted Italian Vegetables	<b>W 2</b> <b>Mill City Café</b> Buffalo Chicken Flatbread <b>Grill Entrée</b> Philly Cheesesteak Sandwich Plant-based Sloppy Joe Breaded Chicken Patty Sandwich Beef Hamburger/Cheeseburger Served with Cole Slaw Potato Wedge	<b>T 3</b> <b>NO SCHOOL</b>	<b>F 4</b> <b>Mill City Café</b> Beef Pepperoni Pizza Buffalo Chicken Pizza Four Cheese Pizza <b>Grill Entrée</b> Chicken Gyo Plant-based Sloppy Joe Breaded Chicken Patty Sandwich Beef Hamburger/Cheeseburger Served with French Fries	
<b>M 7</b> <b>Mill City Café</b> Chicken Alfredo, Soy Nuggets & Alfredo with Penne Pasta <b>Grill Entrée</b> Nashville Hot Chicken Sandwich Honey Chipotle Fish Sandwich Beef Hamburger/Cheeseburger Crispy Soy Patty Sandwich Served with Roasted Beets	<b>T 8</b> <b>Mill City Café</b> Ramen with Chicken Ramen with Tofu <b>Grill Entrée</b> Nashville Hot Chicken Sandwich Honey Chipotle Fish Sandwich Beef Hamburger/Cheeseburger Crispy Soy Patty Sandwich Served with Seasoned Corn	<b>W 9</b> <b>Mill City Café</b> Red Beans & Sausage Stewed Red Beans <b>Grill Entrée</b> Nashville Hot Chicken Sandwich Honey Chipotle Fish Sandwich Beef Hamburger/Cheeseburger Crispy Soy Patty Sandwich Served with Rice Dinner Roll Braised Kale	<b>T 10</b> <b>#MNTHURS</b> <b>Mill City Café</b> Fall Harvest Turkey Chili Butternut Squash Chili <b>Grill Entrée</b> Nashville Hot Chicken Sandwich Banh mi Beef Hamburger/Cheeseburger Crispy Soy Patty Sandwich Served with Roasted Delicata Squash Cornbread Apple Crisp	<b>F 11</b> <b>Mill City Café</b> Pepperjack Grilled Cheese Tomato Soup <b>Grill Entrée</b> Nashville Hot Chicken Sandwich Banh mi Beef Hamburger/Cheeseburger Crispy Soy Patty Sandwich Served with Baked Beans
<b>M 14</b> <b>Mill City Café</b> Buffalo Chicken Mac & Cheese Creamy Mac & Cheese <b>Grill Entrée</b> Beef & Cheddar Sandwich, Spicy Black Bean Burger, Breaded Chicken Patty Sandwich Beef Hamburger/Cheeseburger Served with Roasted Broccoli	<b>T 15</b> <b>Mill City Café</b> TexMex Bowl with Beef Taco Meat Pulled Southwest Turkey Fiesta Meatless Crumbles <b>Grill Entrée</b> Beef & Cheddar Sandwich Spicy Black Bean Burger Breaded Chicken Patty Sandwich Beef Hamburger/Cheeseburger Served with Seasoned Black Beans Cilantro Lime Rice OR Chips	<b>W 16</b> <b>NO SCHOOL</b>	<b>T 17</b> <b>NO SCHOOL</b>	<b>F 18</b> <b>NO SCHOOL</b>
<b>NATIONAL SCHOOL LUNCH WEEK #NSLW24</b>				
<b>M 21</b> <b>Mill City Café</b> Beef Tacos Sofritas Tacos <b>Grill Entrée</b> Nashville Hot Chicken Sandwich Beef Hamburger/Cheeseburger Kelp Burger with Slaw & Spicy Mayo Meatball Hoagie Served with Seasoned Black Beans	<b>T 22</b> <b>Mill City Café</b> Brown Rice or Noodle Bowl Sweet & Sour Chicken Beef Bulgogi Sweet & Sour Tofu Sweet & Sour Sauce <b>Grill Entrée</b> Nashville Hot Chicken Sandwich Beef Hamburger/Cheeseburger Kelp Burger with Slaw & Spicy Mayo Meatball Hoagie Served with Roasted Fresh Broccoli	<b>W 23</b> <b>Mill City Café</b> Spaghetti with Mega Italian Meatball Zesty Italian Crumbles with Marinara Garlic Toast <b>Grill Entrée</b> Nashville Hot Chicken Sandwich Beef Hamburger/Cheeseburger Kelp Burger with Slaw & Spicy Mayo Meatball Hoagie Served with Green Beans	<b>T 24</b> <b>Mill City Café</b> Oven Fried Chicken Baked Soy Nuggets Cornbread <b>Grill Entrée</b> Nashville Hot Chicken Sandwich Beef Hamburger/Cheeseburger Kelp Burger with Slaw & Spicy Mayo Chicken Salad on a Butter Bun Served with Braised Greens	<b>F 25</b> <b>Mill City Café</b> Beef Hot Dog Beef Chili <b>Grill Entrée</b> Nashville Hot Chicken Sandwich Beef Hamburger/Cheeseburger Kelp Burger with Slaw & Spicy Mayo Chicken Salad on a Butter Bun Served with Tater Tots
<b>M 28</b> <b>Mill City Café</b> Bean & Cheese Pupasas <b>Grill Entrée</b> Philly Cheesesteak Sandwich Plant-based Sloppy Joe Breaded Chicken Patty Sandwich Beef Hamburger/Cheeseburger Served with Curtido Calabacitas	<b>T 29</b> <b>Mill City Café</b> Brown Rice or Noodle Bowl Beef Bulgogi Sweet & Sour Tofu Sweet & Sour Sauce <b>Grill Entrée</b> Philly Cheesesteak Sandwich Plant-based Sloppy Joe Breaded Chicken Patty Sandwich Beef Hamburger/Cheeseburger Served with Roasted Fresh Broccoli	<b>W 30</b> <b>Mill City Café</b> Buffalo Chicken Flatbread <b>Grill Entrée</b> Philly Cheesesteak Sandwich, Plant-based Sloppy Joe, Breaded Chicken Patty Sandwich, Beef Hamburger/Cheeseburger Served with Cole Slaw Princely Potatoes	<b>T 31</b> <b>Mill City Café</b> Coriander Chicken Thigh Stewed Beans <b>Grill Entrée</b> Chicken Gyo Plant-based Sloppy Joe Breaded Chicken Patty Sandwich Beef Hamburger/Cheeseburger Served with Jollof Rice Roasted Delicata Squash	