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MPS True Food
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April Lunch

SECONDARY 2025



This institution is an equal opportunity provider.

Enhance Your Meal
with Fresh
Farm-to-School
Items on the
Salad Bar.
Milk Offered Daily.

SPRING BREAK

M 7

Mill City Café
Beef Sambusa
Lentil Sambusa

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

Served with
Roasted Carrots
Bariis Rice
Basbaas Sauce
Hummus Flatbread Bento Box

T 8

Mill City Café
Penne Pasta Bowl
with Italian Beef
Italian Turkey Sausage
Zesty Italian Meatless
Crumbles

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

Served with
Roasted Italian Vegetables

W 9

Mill City Café
Ramen with Chicken
Ramen with Tofu

Grill Entrée
Philly Cheesesteak Sandwich
Plant-based Sloppy Joe
Breaded Chicken
Patty Sandwich
Beef Hamburger/Cheeseburger
Potato JoJos
Turkey Sandwich Bento Box

T 10

#MNTHURS
Mill City Café
Chicken Gua Bao
Tofu Gua Bao
Brown Rice

Grill Entrée
Tuna Salad on Butter Bun
Roasted Vegetable
Sandwich
Breaded Chicken Patty
Sandwich
Beef Hamburger/Cheeseburger

Served with
Teriyaki Blend Vegetables
Dorayaki

F 11

Mill City Café
Beef Pepperoni Pizza
Veggie Pizza
Four Cheese Pizza

Grill Entrée
Tuna Salad on Butter Bun
Roasted Vegetable
Sandwich
Breaded Chicken
Patty Sandwich
Beef Hamburger/Cheeseburger
French Fries

M 14

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

Grill Entrée
Honey Chipotle Fish Sandwich
Nashville Hot Crispy Soy
Sandwich
Nashville Hot Chicken Sandwich
Beef Hamburger/Cheeseburger

Served with
Green Beans
Hummus Flatbread Bento Box

T 15

Mill City Café
Noodle Bowl
Beef Bulgogi
Tofu Bulgogi

Grill Entrée
Honey Chipotle Fish Sandwich
Nashville Hot Crispy Soy
Sandwich
Nashville Hot Chicken Sandwich
Beef Hamburger/Cheeseburger

Served with
Roasted Broccoli

W 16

Mill City Café
New Orleans Sausage
Jambalaya
New Orleans Red Beans & Rice

Grill Entrée
Honey Chipotle Fish Sandwich
Nashville Hot Crispy Soy
Sandwich
Nashville Hot Chicken Sandwich
Beef Hamburger/Cheeseburger

Served with
Cornbread
Oven Braised Greens
Turkey Sandwich Bento Box

T 17

Mill City Café
Chicken & Cheese Quesadilla
Bean & Cheese Quesadilla

Grill Entrée
Bánh mì
Tofu Bánh mì
Nashville Hot Chicken
Sandwich
Beef Hamburger/Cheeseburger

Served with
Calabacitas

F 18

Mill City Café
Grilled Turkey & Cheese
Sandwich
Grilled Cheese Sandwich
Tomato Soup

Grill Entrée
Bánh mì
Tofu Bánh mì
Nashville Hot Chicken
Sandwich
Beef Hamburger/Cheeseburger
Baked Beans

M 21

Mill City Café
Esquites Chicken Rice Bowl
Esquites Black Bean Rice
Bowl

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

Served with
Roasted Fresh Broccoli
Hummus Flatbread Bento Box

T 22

Mill City Café
Cheese Lasagna

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

Served with
Green Beans
Dinner Roll

W 23

Mill City Café
Harissa Beef or Chicken
Falafel

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

Served with
Bariis Rice
Tomato Cucumber Salad
Turkey Sandwich Bento Box

T 24

Mill City Café
Oven Fried Chicken
Baked Soy Nuggets

Grill Entrée
Parmesan Chicken Caesar
Wrap
Mock Chicken Parmesan
Caesar Wrap
Breaded Chicken
Patty Sandwich
Beef Hamburger/Cheeseburger

Served with
Roasted Carrots
Cornbread

F 25

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

Grill Entrée
Parmesan Chicken Caesar
Wrap
Mock Chicken Parmesan
Caesar Wrap
Breaded Chicken
Patty Sandwich
Beef Hamburger/Cheeseburger
Tater Tots

M 28

Mill City Café
Beef Tacos
Sofritas Tacos

Grill Entrée
Meatball Hoagie
Italian Veggieball Hoagie
Nashville Hot Chicken Sandwich
Beef Hamburger/Cheeseburger

Served with
Seasoned Pinto Beans
Hummus Flatbread Bento Box

T 29

Mill City Café
Rice Bowl
Sweet & Sour Chicken
Sweet & Sour Tofu

Grill Entrée
Meatball Hoagie
Italian Veggieball Hoagie
Nashville Hot Chicken Sandwich
Beef Hamburger/Cheeseburger

Served with
Roasted Fresh Broccoli

W 30

Mill City Café
Spaghetti with Mega Italian
Meatball
Spaghetti with Italian
Veggieballs

Grill Entrée
Meatball Hoagie
Italian Veggieball Hoagie
Nashville Hot Chicken Sandwich
Beef Hamburger/Cheeseburger

Served with
Green Beans
Garlic Toast
Turkey Sandwich Bento Box

TRUE FOOD
MPS CULINARY & WELLNESS SERVICES

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