



September Lunch

SECONDARY 2026

mpschoools.org/menus

7 NO SCHOOL	8 <u>Mill City Cafe</u> Buffalo Chicken/ Soy Flatbread Grill Chicken Sandwich Crispy Soy Sandwich	9 <u>Mill City Cafe</u> Oven Fried Chicken Grill Cheese Pizza Served with Cornbread Garlic Toast Green Beans	10 <u>Mill City Cafe</u> Honey Chipotle Fish Sandwich Soy Filet on Bun Grill Chicken/Soy Alfredo Pasta Bowl	11 <u>Mill City Cafe</u> Grilled Cheese Grill Chicken/Soy Alfredo Pasta Bowl Served with Tomato Soup
14 <u>Mill City Cafe</u> Beef/Fiesta Crumble Tacos Grill Beef Hamburger/Cheeseburger Black Bean Burger Served with Tajin Corn	15 <u>Mill City Cafe</u> Mac & Cheese Grill Beef Hamburger/Cheeseburger Black Bean Burger Served with Collard Greens	16 <u>Mill City Cafe</u> Veggie Sloppy Joe Grill BBQ Chicken Pizza Cheese Pizza Served with Coleslaw Garlic Toast	17 MN Thursday <u>Mill City Cafe</u> Beef Hot Dog Soy Filet on Bun Grill Sweet & Sour Chicken/Tofu with Chow Mein Served with Corn on the Cob, Watermelon, Jonny Pop	18 <u>Mill City Cafe</u> Butter Chicken with Basmati Rice Grill Sweet & Sour Chicken/Tofu with Chow Mein Served with Naan Green Beans
21 NO SCHOOL	22 <u>Mill City Cafe</u> Cheese Lasagna Grill Nashville Hot Chicken/Crispy Soy Sandwich Served with Green Beans	23 <u>Mill City Cafe</u> Esquites Chicken/Black Bean Rice Bowl Grill Italian Crumble Pizza Served with Garlic Toast Cilantro Lime Rice	24 <u>Mill City Cafe</u> Herb Roasted Chicken Herb Soy Nuggets Grill Beef/Italian Crumble Marinara Pasta Bowl Served with Oven Braised Kale, Cornbread	25 <u>Mill City Cafe</u> Chicken/Bean & Cheese Quesadilla Grill Beef/Italian Crumble Marinara Pasta Bowl Served with Cilantro Lime Slaw
28 <u>Mill City Cafe:</u> Sweet & Sour Chicken/Tofu with Rice Grill Chicken/Baked Soy Tenders & Waffles Served with Green Beans	29 <u>Mill City Cafe:</u> Beef/Fiesta Crumble Nachos Grill Chicken/Baked Soy Tenders & Waffles Served with Pinto Beans	30 <u>Mill City Cafe</u> Mega Meatball with Marinara & Pasta Italian Crumble Pasta Grill Hawaiian/Cheese Pizza Served with Garlic Toast Roast Broccoli	TRUE FOOD EXPRESS Weekly Rotating Specials Peanut Butter & Jelly Pack offered daily. • Buffalo Chicken Wrap / Chicken Caesar Salad • Turkey Provolone Pesto Croissant / Buffalo Chicken Salad • Turkey Cheddar Club Hoagie / Chef Salad • Chicken Salad Croissant / Beef Taco Salad	

Know Your Food Vegetarian Farm to School
Local Business Contains Peanuts

For nutrition facts and allergens, visit schoolcafe.com/
MinneapolisPublicSchools. Menu subject to change.
This institution is an equal opportunity provider.

ENHANCE YOUR MEAL WITH FRESH FARM TO SCHOOL
ITEMS ON THE SALAD BAR. MILK OFFERED DAILY.