



October Lunch

SECONDARY 2026

mps.schools.org/menus



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

1 Mill City Cafe
Tater Tot/ **Fiesta**
Crumble Hotdish with
Kernza Rice Pilaf
Grill Chicken Fiesta/
 Sofritas Bowl
Served with
 Braised Greens

2 Mill City Cafe
 Turkey Hot Dog/
 Soy Filet Sandwich
Grill Chicken Fiesta/
 Sofritas Bowl
Served with
Potato Jojos

5 Mill City Cafe
Beef/ **Lentil**
Sambusa with Bariis
Rice, Basbaas Sauce
Grill
Chicken/ **Crispy**
Soy Sandwich
Served with
 Swiss Chard
Chickpea Curry

6 Mill City Cafe
Buffalo Chicken/
 Soy Flatbread
Grill
Chicken Sandwich/
 Crispy Soy Sandwich
Served with
 Roasted Red Beets

7 Mill City Cafe
Oven Fried Chicken
 Cornbread
Grill
 Cheese Pizza
Garlic Toast
Served with
 Green Beans

8 MN Thursday
Mill City Cafe
 Roast Turkey & Gravy/
 Herbed Veggie Strips
Grill Chicken/ **Soy**
Alfredo Pasta Bowl
Served with
 Delicata Squash
 Cornbread with
Blueberry Compote

9 Mill City Cafe
 Grilled Cheese
Grill
Chicken/ **Soy**
Alfredo Pasta Bowl
Served with
 Tomato Soup
 Roast Radish & Broccoli

12 Mill City Cafe
Beef/ **Fiesta**
Crumble Tacos
Grill Beef Hamburger/
Cheeseburger
 Black Bean Burger
Served with
 Roast Radishes

13 Mill City Cafe
 Mac & Cheese
Grill
Beef Hamburger/
Cheeseburger
 Black Bean Burger
Served with
 Braised Kale

14
No School - MEA

15
No School - MEA

16
No School - MEA

19 Mill City Cafe
 Cheese Omelet & Pancakes
Grill
Nashville Hot
Chicken/ **Crispy Soy**
Sandwich
Served with
 Red Potatoes

20 Mill City Cafe
 Cheese Lasagna
Grill
Nashville Hot
Chicken/ **Crispy Soy**
Sandwich
Served with
 Roasted Carrots

21 Mill City Cafe
Esquites Chicken/
 Black Bean Rice Bowl
Cilantro Lime Rice
Grill
 Cheese or Italian
Crumble Pizza
Garlic Toast

22 Mill City Cafe
Herb Roasted Chicken
 Herb Soy Nuggets
Grill Beef/ **Italian**
Crumble Marinara
Pasta Bowl
Served with
 Oven Braised
Kale, **Cornbread**

23 Mill City Cafe
Chicken/ **Bean & Cheese Quesadilla**
Grill Beef/ **Italian**
Crumble Marinara
Pasta Bowl
Served with
 Cilantro Lime Slaw

26 Mill City Cafe Sweet
& Sour Chicken/
 Tofu with Rice
Grill
Chicken/ **Baked Soy**
Tenders & Waffles
Served with
 Pepper Onion
Medley

27 Mill City Cafe
Beef/ **Fiesta**
Crumble Nachos
Grill
Chicken/ **Baked Soy**
Tenders & Waffles
Served with
 Pinto Beans

28 Mill City Cafe
Mega Meatball with
Marinara & Pasta/
 Italian Crumble
Grill Hawaiian/
 Cheese Pizza
Garlic Toast
Served with
Roasted Broccoli

29 Mill City Cafe
Tater Tot/ **Fiesta**
Crumble Hotdish with
Kernza Rice Pilaf
Grill
Chicken Fiesta/
 Sofritas Bowl
Served with
 Sweet Potatoes

30 Mill City Cafe
 Turkey Hot Dog/
 Soy Filet Sandwich
Grill
Chicken Fiesta/
 Sofritas Bowl
Served with
 Potato Jojos

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.