November Lunch

SECONDARY 2026

mpschools.org/menus

2 *Mill City Cafe* Chicken/Cheese Tamale *Grill* Chicken/Crispy Soy Sandwich *Served with* Seasoned Pinto Beans, Tajin Corn	**3** No School	**4** *Mill City Cafe* Oven Fried Chicken Cornbread *Grill* Cheese Pizza Garlic Toast *Served with* Acorn Squash	**5** *Mill City Cafe* Honey Chipotle Fish Sandwich/Soy Filet on Bun *Grill* Chicken/Soy Alfredo Pasta Bowl Pepper Onion Medley	**6** *Mill City Cafe* Grilled Cheese *Grill* Chicken/Soy Alfredo Pasta Bowl *Served with* Tomato Soup Pepper Onion Medley
9 *Mill City Cafe* Beef/Fiesta Crumble Tacos *Grill* Beef Hamburger/ Cheeseburger Black Bean Burger *Served with* Tajin Corn	**10** *Mill City Cafe* Mac & Cheese *Grill* Beef Hamburger/ Cheeseburger Black Bean Burger *Served with* Braised Kale	**11** *Mill City Cafe* Veggie Sloppy Joe *Grill* BBQ Chicken Pizza Cheese Pizza *Served with* Coleslaw Garlic Toast	**12 MN Thursday** Bison Grain Bowl/ Harvest Black Beans Chickpea Butter & Jam Sandwich *Served with* Wild Rice Pilaf Roasted Root Trio Elderberry Cookie	**13** No School
16 *Mill City Cafe* Cheese Omelet & Pancakes *Grill* Nashville Hot Chicken/Crispy Soy Sandwich *Served with* Potato Medley	**17** *Mill City Cafe* Cheese Lasagna *Grill* Nashville Hot Chicken/Crispy Soy Sandwich *Served with* Butternut Squash	**18** *Mill City Cafe* Esquites Chicken/ Black Bean Rice Bowl Cilantro Lime Rice *Grill* Cheese or Italian Crumble Pizza Garlic Toast	**19** *Mill City Cafe* Herb Roasted Chicken Herb Soy Nuggets *Grill* Beef/ Italian Crumble Marinara Pasta Bowl *Served with* Oven Braised Kale, Dinner Roll	**20** *Mill City Cafe* Chicken/Bean & Cheese Quesadilla *Grill* Beef/ Italian Crumble Marinara Pasta Bowl *Served with* Cilantro Lime Slaw
23 *Mill City Cafe* Sweet & Sour Chicken/ Tofu with Rice *Grill* Chicken/Baked Soy Tenders & Waffles *Served with* Green Peas	**24** *Mill City Cafe* Beef/Fiesta Crumble Nachos *Grill* Chicken/Baked Soy Tenders & Waffles *Served with* Pinto Beans	**25** No School - Thanksgiving	**26** No School - Thanksgiving	**27** No School - Thanksgiving
30 *Mill City Cafe* Beef/Lentil Sambusa with Bariis Rice, Basbaas Sauce *Grill* Chicken/Crispy Soy Sandwich *Served with* Swiss Chard Chickpea Curry				

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

Know Your Food
- Vegetarian
- Farm to School
- Local Business
- Contains Peanuts

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

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