

# March Lunch



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cws.mpls.k12.mn.us

SECONDARY MODIFIED 2023



Complement Meal with Salad Bar. Milk Offered Daily.

## March is National Nutrition Month!



Eating with sustainability in mind is a tasty way to nourish ourselves and build healthy habits. Fuel your body and protect the environment!

W 1



T 2



F 3

NO SCHOOL

M 6

**Mill City Café**  
Beef Chili  
or Vegetarian Chili  
Cornbread

T 7

**Mill City Café**  
 Cheese Lasagna  
Roasted Broccoli  
Garlic Bread

W 8

**Global Entrée:**  
**Taco Bowl**  
Beef Taco Meat,  
Chicken Taco Meat  
or Vegetable Crumble  
Tortilla Chips  
Cilantro Lime Rice  
Seasoned Black Beans  
Roasted Pepper Medley

T 9

#MNTHURS

**Philly Cheese Steak Sandwich**  
or Veggie  
 Philly Sandwich  
 **Potato JoJos**  
 **Coleslaw**  
Ultimate  
Chocolate Mixmi

F 10

**Mill City Café**  
BBQ Beef Meatballs  
or BBQ Tofu Bites  
Creamy Mac & Cheese  
Mixed Vegetable Blend

M 13

**Mill City Café**  
 **BBQ Pulled Turkey Sandwich**  
Baked Beans  
or Black Bean Burger

T 14

**Mill City Café**  
Chicken Parmesan with Spaghetti and Marinara  
California Blend  
or Italian Crumble Pasta Bake

W 15

**Grill Entrée**  
Grilled Chicken Sandwich  
 **Fish Sandwich**  
or Falafel on Flatbread with Tzatziki Sauce  
Baked Beans

T 16

**Pizzeria Entrée**  
Pepperoni,  
 Cheese  
or Buffalo Chicken Pizza

F 17

**Mill City Café**  
Beef  
or Vegetable Crumble  
Street Tacos with Corn Tortilla Shells and Cilantro Lime Slaw

M 20

**Mill City Café**  
Chicken Tamale  
or Cheese Tamale  
Seasoned Pinto Beans  
Southwest Rice

T 21

**Mill City Café**  
Italian Pasta Bake  
or Italian Crumble Pasta Bake  
California Blend  
Garlic Bread

W 22

**Global Entrée:**  
**Tempura Rice Bowl**  
Tempura Chicken  
or Tofu Bites  
Brown Rice  
Selection of Toppings and Sauces

T 23

**Mill City Café**  
Arroz con Pollo with Roll

F 24

**Mill City Café**  
 **Beef Hot Dog** with Beef Chili and Toppings  
Tator Tots  
or Black Bean Burger

M 27

**Mill City Café**  
 **Turkey Alambre Tacos**  
or Vegetable Crumble Tacos with Black Beans & Cilantro Lime Rice

T 28

**Grill Entrée**  
Beef Hamburger, Beef  
Cheeseburger,  
 Black Bean Burger or  
Nashville Hot Chicken Sandwich  
Potato JoJos

W 29

**Mill City Café**  
Buffalo Chicken on Flatbread  
Potato JoJos

T 30

**Pizzeria Entrée**  
Pepperoni,  
 Cheese  
or Veggie

F 31

NO SCHOOL

*Know Your Food*  
 Meatless Option  
 Farm to School  
 Local Business  
 Contains Fish  
 JR Iron Chef Recipe