

October lunch

NATIONAL FARM to SCHOOL MONTH



SECONDARY 2022



M 3

Mill City Entrée

- Turkey
- Alambre Tacos or Vegetable
- Crumble Tacos with Cilantro Lime Rice

Pizzeria Entrée

Pepperoni, Cheese or Hawaiian

T 4

Mill City Entrée

Beef Stroganoff with Pasta & Roasted Broccoli

Pizzeria Entrée

Pepperoni, Cheese or Hawaiian

Grab & Go Entrée

Chicken Caesar Salad

W 5

NO SCHOOL

#MNTHURSDAYS 6

Butternut Squash Turkey Chili or Meatless Chili with Cornbread

Carrot Salad

Snickerdoodle Cookie

Grill Entrée

Hamburger, Cheeseburger, Black Bean Burger, or Nashville Hot Chicken Sandwich with Potato JoJos

Grab & Go Entrée: Chicken Caesar Salad

F 7

Mill City Entrée

- Sliced Turkey or Tofu Bites with Mashed Potatoes, Rolls and Roasted Beets

Grill Entrée

Hamburger, Cheeseburger, Black Bean Burger or Nashville Hot Chicken Sandwich

Served with Potato JoJos



National School Lunch Week Oct 10-14

M 10

Mill City Entrée

Chicken Cordon Bleu Sandwich with Sweet Potatoes

Global Entrée

Pasta Bowl with Beef, Chicken or Falafel and Sauces with Roasted Peppers

T 11

Mill City Entrée

Chicken & Cheese or Bean & Cheese Quesadilla with Southwest Rice

Grab & Go Entrée

Mediterranean Chicken Salad with Rolls

Global Entrée

Pasta Bowl with Beef, Chicken or Falafel and Sauces with Roasted Peppers

W 12

Mill City Entrée

Chicken à la King

Grab & Go Entrée

Mediterranean Chicken Salad with Rolls

Global Entrée

Pasta Bowl with Beef, Chicken or Falafel and Sauces with Roasted Peppers

T 13

Mill City Entrée

Cheese Lasagna, with Garlic Toast & Delicata Squash

Grab & Go Entrée

Mediterranean Chicken Salad with Rolls

Deli Entrée

Turkey, Ham, Egg Salad or Chicken Salad with Selection of Breads, Cheese & Toppings

F 14

Mill City Entrée

BBQ Meatballs or BBQ Vegetable Balls with Mac & Cheese & Coleslaw

Deli Entrée

Turkey, Ham, Egg Salad, or Chicken Salad with Selection of Breads, Cheese & Toppings

M 17

Mill City Entrée

- BBQ Pulled Turkey Sandwich with Baked Beans

Pizzeria Entrée

Cheese, Veggie or Spinach Tomato

T 18

Mill City Entrée

Chicken Parmesan with Spaghetti & California Blend

Pizzeria Entrée

Cheese, Veggie or Spinach Tomato

W 19

MEA BREAK NO SCHOOL

T 20

MEA BREAK NO SCHOOL

F 21

MEA BREAK NO SCHOOL

M 24

Mill City Entrée

Chicken Tamale or Cheese Tamale with Rice & Pinto Beans

Global Entrée

Bulgogi Sauce Rice Bowl with Beef or Tofu & Roasted Peppers

T 25

Mill City Entrée

Italian Pasta Bake or Meatless Pasta Bake with Braised Greens & Garlic Bread

Grab & Go Entrée

Chicken Salad with Lettuce & Rolls

Global Entrée

Bulgogi Sauce Rice Bowl with Beef or Tofu & Roasted Peppers

W 26

Mill City Entrée

Old Fashioned Meatloaf with Rolls, Mashed Potatoes & Parmesan Roasted Kohlrabi

Grab & Go Entrée

Chicken Salad with Lettuce & Rolls

Global Entrée

Bulgogi Sauce Rice Bowl with Beef or Tofu & Roasted Peppers

T 27

Mill City Entrée

Arroz Con Pollo

Grab & Go Entrée

Chicken Salad with Lettuce & Rolls

Deli Entrée

Turkey, Ham, Tuna, or Chicken Salad with Selection of Breads, Cheese & Toppings

F 28

Mill City Entrée

- Beef Hot Dog with Beef Chili and Toppings, Tator Tots

Deli Entrée

Turkey, Ham, Tuna, or Chicken Salad with Selection of Breads, Cheese & Toppings

M 31

Mill City Entrée

- Turkey
- Alambre Tacos or Vegetable
- Crumble Tacos with Rice

Pizzeria Entrée

Pepperoni, Cheese or Hawaiian

Compliment Meal with Market Cart Salad Bar. Milk Offered Daily.

This institution is an equal opportunity provider. cws.mpls.k12.mn.us



Meatless Option

JR Iron Chef Recipe

Farm To School

Contains Fish



Due to supply chain and distribution issues impacting our district and the world, our menu is subject to change. Keep this in mind when reviewing our printed and on-line menus. For the most up to date information, visit cws.mpls.k12.mn.us.