

# September lunch

SECONDARY 2022

<p><b>M 5</b></p> <p><b>LABOR DAY</b></p>	<p><b>T 6</b></p> <p><b>Pizzeria Entrée</b> Choose 1</p> <p>Four-Cheese Pizza, Pepperoni Pizza, Veggie Pizza</p>	<p><b>W 7</b></p> <p><b>Mill City Entrée</b> Chicken Cordon Bleu Sandwich with Sweet Potato JoJos</p> <p><b>Pizzeria Entrée</b> Choose 1</p> <p>Four-Cheese Pizza, Pepperoni Pizza, Veggie Pizza</p>	<p><b>T 8</b></p> <p><b>Mill City Entrée</b> BBQ Rubbed Chicken 🚲 Corn on the Cob</p> <p><b>Grill Entrée</b> Choose 1</p> <p>Beef Cheeseburger, Nashville Chicken Sandwich, Spicy Black Bean Burger</p> <p><b>Vegetable</b> Sweet Potato JoJos</p>	<p><b>F 9</b></p> <p><b>Mill City Entrée</b> Sliced Turkey with Mashed Potatoes, 🚲 Green Beans</p> <p><b>Grill Entrée</b> Choose 1</p> <p>Beef Cheeseburger, Nashville Chicken Sandwich, Spicy Black Bean Burger</p> <p><b>Vegetable</b> Sweet Potato JoJos</p>
<p><b>M 12</b></p> <p><b>Mill City Entrée</b> Choose 1</p> <p>Beef Chili, Vegetarian Chili</p> <p><b>Global Entrée</b> Choose 1</p> <p>Beef Taco Meat, Chicken Taco Meat, Vegetable Crumbles, with Chips &amp; Toppings</p>	<p><b>T 13</b></p> <p><b>Mill City Entrée</b> Choose 1</p> <p>Chicken &amp; Cheese Quesadilla, Bean &amp; Cheese Quesadilla with Southwest Rice</p> <p><b>Grab &amp; Go Entrée</b> Mediterranean Chicken Salad with Rolls</p> <p><b>Global Entrée</b> Choose 1</p> <p>Beef Taco Meat, Chicken Taco Meat, Vegetable Crumbles, with Chips &amp; Toppings</p>	<p><b>W 14</b></p> <p><b>Mill City Entrée</b> Chicken à la King</p> <p><b>Grab &amp; Go Entrée</b> Mediterranean Chicken Salad with Rolls</p> <p><b>Global Entrée</b> Choose 1</p> <p>Beef Taco Meat, Chicken Taco Meat, Vegetable Crumbles, with Chips &amp; Toppings</p>	<p><b>T 15</b></p> <p><b>Mill City Entrée</b> Cheese Lasagna with Garlic Toast &amp; Roasted Broccoli</p> <p><b>Grab &amp; Go Entrée</b> Mediterranean Chicken Salad with Rolls</p> <p><b>Deli Entrée</b> Choose 1</p> <p>Turkey, Ham, Egg Salad, or Chicken Salad, Selection of Breads, Cheese &amp; Toppings</p>	<p><b>F 16</b></p> <p><b>Mill City Entrée</b> Choose 1</p> <p>BBQ Meatballs, BBQ Vegetable Balls with Seasoned Veggies &amp; Mac &amp; Cheese</p> <p><b>Deli Entrée</b> Choose 1</p> <p>Turkey, Ham, Egg Salad, or Chicken Salad, Selection of Breads, Cheese &amp; Toppings</p>
<p><b>M 19</b></p> <p><b>Mill City Entrée</b> BBQ Pulled Turkey Sandwich with Baked Beans</p> <p><b>Pizzeria Entrée</b> Choose 1</p> <p>Meatball &amp; Red Onion Pizza, Tomato Spinach Pizza</p>	<p><b>T 20</b></p> <p><b>Mill City Entrée</b> Chicken Parmesan with Spaghetti &amp; Marinara, 🚲 Roasted Italian Vegetables</p> <p><b>Grab &amp; Go Entrée:</b> Beef Taco Salad with Chips</p> <p><b>Pizzeria Entrée:</b> Meatball &amp; Red Onion Pizza, Tomato Spinach Pizza</p>	<p><b>W 21</b></p> <p><b>Mill City Entrée</b> Tator Tot Hotdish with Roll</p> <p><b>Grab &amp; Go Entrée</b> Beef Taco Salad with Chips</p> <p><b>Pizzeria Entrée</b> Choose 1</p> <p>Meatball &amp; Red Onion Pizza, Tomato Spinach Pizza</p>	<p><b>T 22</b></p> <p><b>Mill City Entrée</b> Oven Fried Chicken with Cornbread &amp; Braised Kale</p> <p><b>Grab &amp; Go Entrée</b> Beef Taco Salad with Chips</p> <p><b>Grill Entrée</b> Choose 1</p> <p>Grilled Chicken Sandwich, Honey Chipotle Fish Sandwich, Falafel on Flatbread, with Baked Beans &amp; Toppings</p>	<p><b>F 23</b></p> <p><b>Mill City Entrée</b> Choose 1</p> <p>Beef Taco Meat, Vegetable Crumbles, with Corn Tortillas &amp; Toppings</p> <p><b>Grill Entrée</b> Choose 1</p> <p>Grilled Chicken Sandwich, Honey Chipotle Fish Sandwich, Falafel on Flatbread, with Baked Beans &amp; Toppings</p>
<p><b>M 26</b></p> <p><b>NO SCHOOL</b></p>	<p><b>T 27</b></p> <p><b>Mill City Entrée</b> Choose 1</p> <p>Chicken Tamale, Cheese Tamale, with Southwest Rice &amp; Pinto Beans &amp; Salsa</p> <p><b>Global Entrée</b> Choose 1</p> <p>Tempura Chicken or Tofu Bites with Sweet &amp; Sour or Teriyaki Sauce and Seasoned Broccoli</p>	<p><b>W 28</b></p> <p><b>Mill City Entrée</b> Wild Rice Meatloaf with Roll and Mashed Potatoes</p> <p><b>Grab &amp; Go Entrée</b> Chicken Salad with Lettuce &amp; Rolls</p> <p><b>Global Entrée</b> Choose 1</p> <p>Tempura Chicken or Tofu Bites with Sweet &amp; Sour or Teriyaki Sauce and Seasoned Broccoli</p>	<p><b>T 29</b></p> <p><b>Mill City Entrée</b> Arroz Con Pollo</p> <p><b>Grab &amp; Go Entrée</b> Chicken Salad with Lettuce &amp; Rolls</p> <p><b>Deli Entrée</b> Choose 1</p> <p>Turkey, Ham, Egg Salad, or Chicken Salad, Selection of Breads, Cheese &amp; Toppings</p>	<p><b>F 30</b></p> <p><b>Mill City Entrée</b> Beef Hot Dog with Beef Chili and Toppings, Tator Tots</p> <p><b>Deli Entrée</b> Choose 1</p> <p>Turkey, Ham, Egg Salad, or Chicken Salad, Selection of Breads, Cheese &amp; Toppings</p>

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

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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 [ews.mpls.k12.mn.us](http://ews.mpls.k12.mn.us).