

December Lunch



SECONDARY 2023



Enhance Your Meal with Fresh Farm-to-School Items on the Salad Bar. Milk Offered Daily.

Know Your Food Local Business Meatless Option
 Farm to School Contains Fish Contains Pork

F 1

Mill City Café
 Beef Pepperoni Pizza,
 Buffalo Chicken Pizza,
 Four Cheese Pizza

Grill Entrée
 Philly Cheesesteak Sandwich,
 Breaded Chicken
 Patty Sandwich,
 Beef Hamburger,
 Beef Cheeseburger,
 Spicy Black Bean Burger
 French Fries

M 4

Mill City Café
 Chicken Alfredo,
 Penne with Alfredo
 Baked Soy Nuggets

Grill Entrée
 Honey Chipotle
 Fish Sandwich,
 Breaded Chicken
 Patty Sandwich,
 Beef Hamburger,
 Beef Cheeseburger,
 Nori Burger

Served with
 Roasted Broccoli

T 5

Mill City Café
 Mediterranean Bowl with
 Harissa Beef, Harissa Chicken,
 Falafel Tots,
 Baris Rice,
 Tomato Cucumber Salad

Grill Entrée
 Honey Chipotle
 Fish Sandwich,
 Breaded Chicken
 Patty Sandwich,
 Beef Hamburger,
 Beef Cheeseburger,
 Nori Burger

Served with
 Diced Potatoes

W 6

Mill City Café
 Chicken Wing Bar,
 Soy Nuggets
 Dinner Roll

Grill Entrée
 Honey Chipotle
 Fish Sandwich,
 Breaded Chicken
 Patty Sandwich,
 Beef Hamburger,
 Beef Cheeseburger,
 Nori Burger

Served with
 Honey Lime Slaw

T 7

Mill City Café
 Chicken & Cheese Quesadilla,
 Black Bean &
 Cheese Quesadilla,
 Southwest Rice

Grill Entrée
 Honey Chipotle
 Fish Sandwich,
 Breaded Chicken
 Patty Sandwich,
 Beef Hamburger,
 Beef Cheeseburger,
 Nori Burger

Served with
 Seasoned Corn

F 8

NO SCHOOL

M 11

Mill City Café
 Breakfast for Lunch
 Cheese Omelet
 Pancake with Blueberry
 Compote

Grill Entrée
 Pork Bahn Mi,
 Breaded Chicken
 Patty Sandwich,
 Beef Hamburger,
 Beef Cheeseburger,
 Spicy Black Bean Burger

Served with
 Red Roasted Potatoes

T 12

Mill City Café
 TexMex Bowl with
 Beef Taco Meat,
 Pulled Southwest Turkey,
 Sofritas,
 Cilantro Lime Rice

Grill Entrée
 Pork Bahn Mi,
 Breaded Chicken
 Patty Sandwich,
 Beef Hamburger,
 Beef Cheeseburger,
 Spicy Black Bean Burger

Served with
 Seasoned Baked Beans

W 13

Mill City Café
 Spaghetti with Meatballs
 Nori Nuggets with Marinara
 Garlic Toast

Grill Entrée
 Pork Bahn Mi,
 Breaded Chicken
 Patty Sandwich,
 Beef Hamburger,
 Beef Cheeseburger,
 Spicy Black Bean Burger

Served with
 Green Beans

T 14

Mill City Café
 Oven Fried Chicken,
 Corn Bread

Grill Entrée
 Pork Bahn Mi,
 Breaded Chicken
 Patty Sandwich,
 Beef Hamburger,
 Beef Cheeseburger,
 Spicy Black Bean Burger

Served with
 Roasted
 Butternut Squash

F 15

Mill City Café
 Beef Pepperoni Pizza,
 Four Cheese Pizza,
 Veggie Pizza

Grill Entrée
 Pork Bahn Mi,
 Breaded Chicken
 Patty Sandwich,
 Beef Hamburger,
 Beef Cheeseburger,
 Spicy Black Bean Burger

Served with
 Baked Beans

M 18

T 19

W 20

T 21

F 22

**WINTER BREAK
 DEC 18 - JAN 1**

M 25

T 26

W 27

T 28

F 29



MPS CULINARY & WELLNESS SERVICES

EST. 2012