

December Lunch



SECONDARY MODIFIED 2023



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

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

F 1

Mill City Café
 Beef Pepperoni Pizza,
 Buffalo Chicken Pizza,
 Four Cheese Pizza
 Chicken Salad
 on Flatbread

M 4

Mill City Café
 Chicken Alfredo,
 Penne with Alfredo
 Baked Soy Nuggets
 Roasted Turkey &
 Cheddar Sandwich
Served with
 Roasted Broccoli

T 5

Mill City Café
 Mediterranean Bowl
 with Harissa Beef,
 Harissa Chicken,
 Falafel Tots
 Bagel Yogurt Pack
Served with
 Bariis Rice,
 Tomato Cucumber
 Salad

W 6

Mill City Café
 Chicken Wing Bar,
 Baked Soy Nuggets
 Roasted Turkey &
 Cheddar on Flatbread
Served with
 Honey Lime Slaw,
 Dinner Roll

T 7

Mill City Café
 Chicken & Cheese
 Quesadilla,
 Black Bean &
 Cheese Quesadilla,
 Southwest Rice
 Smoked Turkey &
 Cheddar on Pullman
Served with
 Seasoned Corn

F 8

NO SCHOOL

M 11

Mill City Café
 Breakfast for Lunch
 Cheese Omelet,
 Pancake with
 Blueberry Compote
 Roasted Turkey &
 Cheddar Sandwich
Served with
 Roasted
 Red Potatoes

T 12

Mill City Café
 TexMex Bowl with
 Beef Taco Meat,
 Pulled
 Southwest Turkey,
 Sofritas
 Bagel Yogurt Pack
Served with
 Cilantro Lime Rice,
 Seasoned Black Beans

W 13

Spaghetti
 and Meatballs,
 Nori Nuggets
 with Marinara
 Roasted Turkey &
 Cheddar on Flatbread
Served with
 Garlic Toast,
 Steamed Green Beans

T 14

Oven Fried
 Chicken Drumstick,
 Baked Soy Nuggets
 Smoked Turkey &
 Cheddar on Pullman
Served with
 Corn Bread,
 Roasted
 Butternut Squash

F 15

Breaded Chicken
 Patty Sandwich,
 Beef Hamburger,
 Beef Cheeseburger,
 Nori Burger
 Chicken Salad
 on Flatbread
Served with
 French Fries

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