

# November / unch



## SECONDARY 2023



This institution is an equal opportunity provider.  
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Enhance Your Meal with  
Fresh Farm-to-School  
Items on the Salad Bar.  
Milk Offered Daily.

**W 1**

**Mill City Café**  
Buffalo Chicken Flatbread

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

Served with  
Potato JoJos

**#MNTHURS 2**

**Mill City Café**  
Bison Chili,  
Vegetarian Chili,  
Manoomin Salad,  
Cornbread,  
Blueberry Cobbler

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

**F 3**

**NO SCHOOL**

**M 6**

**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  
Steamed Green Beans

**T 7**

**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 8**

**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 9**

**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  
Roasted Delicata Squash

**F 10**

**Mill City Café**  
Texas Toast Grilled Cheese,  
Tomato Soup

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

Served with  
French Fries

**M 13**

**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 14**

**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 15**

**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 16**

**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  
Braised Greens

**F 17**

**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  
Baked Beans

**M 20**

**Mill City Café**  
Beef Sambusa,  
Lentil Sambusa,  
Baris Rice,  
Basbaas Sauce

**Grill Entrée**  
Meatball Hoagie,  
Nori Hoagie,  
Breaded Chicken Patty Sandwich,  
Beef Hamburger/Cheeseburger,  
Nori Burger

Served with  
Roasted Butternut Squash

**T 21**

**Mill City Café**  
Brown Rice or Noodle Bowl,  
Tempura Chicken,  
Beef Bulgogi,  
Tofu Bites,  
Sweet & Sour Sauce,  
Roasted Fresh Broccoli

**Grill Entrée**  
Meatball Hoagie,  
Nori Hoagie,  
Breaded Chicken Patty Sandwich,  
Beef Hamburger/Cheeseburger,  
Nori Burger

Served with  
Roasted Fresh Broccoli

**W 22**

**NO SCHOOL**

**T 23**

**NO SCHOOL**

**F 24**

**NO SCHOOL**

Know Your Food

- Local Business
- Meatless Option
- Farm to School
- Contains Fish
- Contains Pork

**M 27**

**Mill City Café**  
Beef Tacos,  
Sofritas

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

Served with  
Cilantro Lime Slaw

**T 28**

**Mill City Café**  
Pasta Bowl with Italian Beef,  
Italian Turkey Sausage,  
Italian Vegetable Crumble

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

Served with  
Penne Pasta & Marinara,  
Roasted Italian Vegetables

**W 29**

**Mill City Café**  
Buffalo Chicken Flatbread

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

Served with  
Potato JoJos

**T 30**

**Mill City Café**  
BBQ Rubbed Chicken  
Baked Soy Nuggets

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

Served with  
Dirty Rice  
Beets and Sweets

**F 1**

**Mill City Café**  
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

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](http://cws.mpls.k12.mn.us).