

# November Lunch



## SECONDARY MODIFIED 2023



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

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

**W 1**

**Mill City Café**  
Buffalo Chicken  
Flatbread,  
🌱 Spicy Black  
Bean Burger  
Roasted Turkey &  
Cheddar on Flatbread  
*Served with*  
🌱 Potato JoJos

**#MNTHURS 2**

**Mill City Café**  
🌱 Bison Chili,  
🌱 Vegetarian Chili  
Smoked Turkey &  
Cheddar on Pullman  
*Served with*  
🌱 Manoomin Salad,  
🍞 Cornbread,  
🌱 Blueberry Cobbler

**F 3**

**NO SCHOOL**

**M 6**

**Mill City Café**  
Chicken Alfredo,  
🌱 Penne with Alfredo  
🌱 Baked Soy Nuggets  
Roasted Turkey &  
Cheddar Sandwich  
*Served with*  
Steamed Green Beans

**T 7**

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

**W 8**

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

**T 9**

**Mill City Café**  
Chicken & Cheese  
Quesadilla,  
🌱 Black Bean &  
Cheese Quesadilla  
Smoked Turkey &  
Cheddar on Pullman  
*Served with*  
Southwest Rice,  
🌱 Delicata Squash

**F 10**

**Mill City Café**  
🌱 Texas Toast  
Grilled Cheese,  
Tomato Soup  
Chicken Salad  
on Flatbread

**M 13**

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

**T 14**

**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 15**

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

**T 16**

Oven Fried  
Chicken Drumstick,  
🌱 Baked Soy Nuggets  
Smoked Turkey &  
Cheddar on Pullman  
*Served with*  
🌱 Braised Greens,  
Corn Bread

**F 17**

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

**M 20**

**Mill City Café**  
Beef Sambusa,  
🌱 Lentil Sambusa  
Roasted Turkey &  
Cheddar Sandwich  
*Served with*  
🌱 Roasted  
Butternut Squash,  
Bariis Rice,  
Basbaas Sauce

**T 21**

**Mill City Café**  
Brown Rice or  
Noodle Bowl,  
Tempura Chicken,  
Beef Bulgogi,  
🌱 Tofu Bites,  
Sweet & Sour Sauce  
🌱 Bagel Yogurt Pack  
*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 🍷 JR Iron Chef Recipe

**M 27**

**Mill City Café**  
Beef Tacos,  
🌱 Sofritas  
🌱 Cilantro Lime Slaw  
Roasted Turkey &  
Cheddar Sandwich

**T 28**

**Mill City Café**  
Pasta Bowl with  
Italian Beef, 🌱 Italian  
Turkey Sausage,  
🌱 Italian Vegetable  
Crumble,  
🌱 Bagel Yogurt Pack  
*Served with*  
Penne Pasta  
& Marinara,  
Roasted Italian  
Vegetables

**W 29**

**Mill City Café**  
Buffalo Chicken  
Flatbread  
🌱 Spicy Black Bean  
Burger  
Roasted Turkey &  
Cheddar on Flatbread  
*Served with*  
🌱 Potato JoJos

**T 30**

**Mill City Café**  
🍷 BBQ Rubbed Chicken  
🌱 Baked Soy Nuggets  
Smoked Turkey &  
Cheddar on Pullman  
*Served with*  
Dirty Rice,  
🌱 Beets and Sweets

**F 1**

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