






# September Lunch

SECONDARY 2023



<p><b>M 4</b></p> <p><b>LABOR DAY NO SCHOOL</b></p> 	<p><b>T 5</b></p> <p><b>Mill City Café</b> Pasta Bowl with Italian Beef, Italian Vegetable Crumble</p> <p><b>Grill Entrée</b> Philly Cheesesteak Sandwich, Breaded Chicken Patty Sandwich, Beef Hamburger, Beef Cheeseburger, Spicy Black Bean Burger</p> <p>Served with Roasted Italian Vegetables Watermelon</p>	<p><b>W 6</b></p> <p><b>Mill City Café</b> Buffalo Chicken Flatbread</p> <p><b>Grill Entrée</b> Philly Cheesesteak Sandwich, Breaded Chicken Patty Sandwich, Beef Hamburger, Beef Cheeseburger, Spicy Black Bean Burger</p> <p>Served with Diced Potatoes</p>	<p><b>T 7</b></p> <p><b>Mill City Café</b> BBQ Rubbed Chicken Drumstick with Dirty Rice</p> <p><b>Grill Entrée</b> Philly Cheesesteak Sandwich, Breaded Chicken Patty Sandwich, Beef Hamburger, Beef Cheeseburger, Spicy Black Bean Burger</p> <p>Served with Corn on the Cob</p>	<p><b>F 8</b></p> <p><b>Mill City Café</b> Pepperoni Pizza, Buffalo Chicken Pizza, Four Cheese Pizza</p> <p><b>Grill Entrée</b> Philly Cheesesteak Sandwich, Breaded Chicken Patty Sandwich, Beef Hamburger, Beef Cheeseburger, Spicy Black Bean Burger, French Fries</p>
<p><b>M 11</b></p> <p><b>Mill City Café</b> Texas Toast Grilled Cheese with Tomato Soup</p> <p><b>Grill Entrée</b> Honey Chipotle Fish Sandwich, Breaded Chicken Patty Sandwich, Beef Hamburger, Beef Cheeseburger, Spicy Black Bean Burger, French Fries</p>	<p><b>T 12</b></p> <p><b>Mill City Café</b> Mediterranean Bowl with Harissa Beef, Harissa Chicken, Falafel Tots, Barlis Rice, Tomato Cucumber Salad</p> <p><b>Grill Entrée</b> Honey Chipotle Fish Sandwich, Breaded Chicken Patty Sandwich, Beef Hamburger, Beef Cheeseburger, Spicy Black Bean Burger, Diced Potatoes</p>	<p><b>W 13</b></p> <p><b>Mill City Café</b> Chicken Wing Bar, Soy Nuggets</p> <p><b>Grill Entrée</b> Honey Chipotle Fish Sandwich, Breaded Chicken Patty Sandwich, Beef Hamburger, Beef Cheeseburger, Spicy Black Bean Burger</p> <p>Served with Honey Lime Slaw, Dinner Roll</p>	<p><b>T 14</b></p> <p><b>Mill City Café</b> Chicken &amp; Cheese Quesadilla, Black Bean and Cheese Quesadilla</p> <p><b>Grill Entrée</b> Honey Chipotle Fish Sandwich, Breaded Chicken Patty Sandwich, Beef Hamburger, Beef Cheeseburger, Spicy Black Bean Burger</p> <p>Served with Seasoned Corn</p>	<p><b>F 15</b></p> <p><b>Mill City Café</b> Chicken Alfredo, Penne with Alfredo</p> <p><b>Grill Entrée</b> Honey Chipotle Fish Sandwich, Breaded Chicken Patty Sandwich, Beef Hamburger, Beef Cheeseburger, Spicy Black Bean Burger</p> <p>Served with Steamed Green Beans</p>
<p><b>M 18</b></p> <p><b>Mill City Café</b> Breakfast for Lunch Cheese Omelet with Pancake and Hashbrown Patty</p> <p><b>Grill Entrée</b> Pork Bahn Mi, Breaded Chicken Patty Sandwich, Beef Hamburger, Beef Cheeseburger, Spicy Black Bean Burger, French Fries</p>	<p><b>T 19</b></p> <p><b>Mill City Café</b> TexMex Bowl with Beef Taco Meat, Pulled Southwest Turkey, Fiesta Meatless Crumble, with Cilantro Lime Rice &amp; Seasoned Black Beans</p> <p><b>Grill Entrée</b> Pork Bahn Mi, Breaded Chicken Patty Sandwich, Beef Hamburger, Beef Cheeseburger, Spicy Black Bean Burger, Diced Potatoes</p>	<p><b>W 20</b></p> <p><b>Mill City Café</b> Meatballs with Marinara, Spaghetti with Marinara</p> <p><b>Grill Entrée</b> Pork Bahn Mi, Breaded Chicken Patty Sandwich, Beef Hamburger, Beef Cheeseburger, Spicy Black Bean Burger</p> <p>Served with Garlic Toast, Steamed Green Beans</p>	<p><b>T 21</b></p> <p><b>Mill City Café</b> Oven Fried Chicken</p> <p><b>Grill Entrée</b> Pork Bahn Mi, Breaded Chicken Patty Sandwich, Beef Hamburger, Beef Cheeseburger, Spicy Black Bean Burger</p> <p>Served with Corn Bread, Braised Greens</p>	<p><b>F 22</b></p> <p><b>Mill City Café</b> Pepperoni Pizza, Four Cheese Pizza, or Veggie Pizza</p> <p><b>Grill Entrée</b> Pork Bahn Mi, Breaded Chicken Patty Sandwich, Beef Hamburger, Beef Cheeseburger, Spicy Black Bean Burger Baked Beans</p>
<p><b>M 25</b></p> <p><b>NO SCHOOL</b></p>	<p><b>T 26</b></p> <p><b>Mill City Café</b> Brown Rice or Noodle Bowl, Tempura Chicken, Beef Bulgogi, Tofu Bites, Sweet &amp; Sour Sauce</p> <p><b>Grill Entrée</b> Meatball Hoagie, Breaded Chicken Patty Sandwich, Beef Hamburger, Spicy Black Bean Burger</p> <p>Served with Roasted Fresh Broccoli</p>	<p><b>W 27</b></p> <p><b>Mill City Café</b> Nashville Hot Chicken Sandwich</p> <p><b>Grill Entrée</b> Meatball Hoagie, Breaded Chicken Patty Sandwich, Beef Hamburger, Spicy Black Bean Burger</p> <p>Served with Cole Slaw</p>	<p><b>T 28</b></p> <p><b>Mill City Café</b> Cheese Lasagna, Garlic Texas Toast</p> <p><b>Grill Entrée</b> Meatball Hoagie, Breaded Chicken Patty Sandwich, Beef Hamburger, Spicy Black Bean Burger</p> <p>Served with California Blend Veggies</p>	<p><b>F 29</b></p> <p><b>Mill City Café</b> Ferndale Turkey Chili Dog</p> <p><b>Grill Entrée</b> Meatball Hoagie, Breaded Chicken Patty Sandwich, Beef Hamburger, Spicy Black Bean Burger</p> <p>Served with Tator Tots</p>

Complement Meal with Salad Bar. Milk Offered Daily.

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