

September Lunch



follow us at MPS True Food

SECONDARY MODIFIED 2023

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

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