

STUDENT LUNCH MEAL INCLUDES

- ENTREE
- CHOICE of 1 or 2 VEGETABLES
- CHOICE of 1 or 2 FRUIT
- BREAD / GRAIN
- CHOICE OF MILK



NOTE: All meals MUST include a fruit or a vegetable

STUDENT MEAL PRICES:

CAFÉ -\$2.65 MTL-\$3.00 BLUE-\$3.55

REDUCED PRICE: \$0.40
ADULTS - ALA CARTE PRICING

DAILY FRUIT CHOICES

- ½ cup ASSORTED CANNED FRUIT
- ½ cup ASSORTED FRESH FRUIT
- ¼ cup DRIED FRUIT

DAILY VEGETABLE CHOICES

- ½ cup ASSORTED FRESH VEGETABLES
- ½ cup ASSORTED FROZEN VEGETABLES

MILK CHOICES

SKIM
WHITE 1%
CHOCOLATE 1%



DAILY MENU ITEMS

CHICKEN TENDER BASKET
HAMBURGER
CHEESEBURGER
CHICKEN PATTY
FRESH SALAD BAR (UP TO 12 OZ)
FRESH DELI BAR
FRESH MADE PIZZA



CHEFS CUISINE LINE

Week of JANUARY 2nd - BURGER BAR
(Hamburgers and Turkey burgers w/ toppings)

Week of JANUARY 6th - FIESTA BAR
(Build your own tacos and burritos)

Week of JANUARY 13th - ASIAN BAR
(General Tso's, Veggie low-mein, rice, fresh veg)

Week of JANUARY 22nd - BREAKFAST BAR
(Eggs, meats, potatoes, waffles and pancakes)

Week of JANUARY 27th - PHO BAR
(Build your own Vietnamese noodle bowl)

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

MENU SUBJECT TO CHANGE

HIGH SCHOOL MENU JANUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>FOOD SERVICE CONTACT INFO PHONE - 412-344-2014 WEB - mtlisd.org/foodservices There you can find menus, nutritional and payment info</p> <p>NOLEN FETCHKO FOOD SERVICE DIRECTOR nfetchko@mtlisd.net</p> <p>JOHN SABAN ASSISTANT FOOD SERVICE DIRECTOR jsaban@mtlisd.net</p> <p>DAVE MISTERKA DISTRICT CHEF dmisterka@mtlisd.net</p>	<p>NOW HIRING SUBSTITUTES AND FULL-TIME POSITIONS!</p> <p>JOIN OUR TEAM FOR:</p> <ul style="list-style-type: none"> • FLEXIBLE WORK SCHEDULE • OFF WHEN THERE IS NO SCHOOL • LEAVE AFTER YOUR CHILDREN AND GET HOME BEFORE THEM! 		<p>2 MTL KOREAN BEEF w/ WHOLE GRAIN RICE BLUE DEVIL NACHO GRANDE</p> <p>SIDE ITEMS SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE</p>	<p>3 MTL CHICKEN STIR FRY OVER BROWN RICE BLUE DEVIL BONELESS WINGS W/CELERY STICKS</p> <p>SIDE ITEMS SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE</p>
<p>6 MTL BUFFALO CHICKEN SANDWICH</p> <p>BLUE DEVIL CHEESE STUFFED BREAD STICKS WITH MARINARA SAUCE SIDE ITEMS SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE</p>	<p>7 MTL BBQ PULLED PORK SANDWICH</p> <p>BLUE DEVIL SPICY CHICKEN BREAST ON A FRENCH ROLL SIDE ITEMS SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE</p>	<p>8 MTL CHICKEN NUGGETS w/DINNER ROLL AND WHIPPED POTATOES w/GRAVY BLUE DEVIL PEPPERONI & CHEESE STUFFED BREAD STICK SIDE ITEMS SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE</p>	<p>9 MTL PHILLY CHEESE STEAK SANDWICH</p> <p>BLUE DEVIL NACHO GRANDE</p> <p>SIDE ITEMS SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE</p>	<p>10 MTL CHICKEN FAJITA WRAP</p> <p>BLUE DEVIL BONELESS WINGS W/CELERY STICKS SIDE ITEMS SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE</p>
<p>13 MTL FRENCH BREAD PIZZA w/TOPPINGS</p> <p>BLUE DEVIL CHEESE STUFFED BREAD STICKS WITH MARINARA SAUCE SIDE ITEMS SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE</p>	<p>14 MTL PENNE PASTA w/MEATBALLS AND GARLIC TOAST BLUE DEVIL SPICY CHICKEN BREAST ON A FRENCH ROLL SIDE ITEMS SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE</p>	<p>15 MTL CHICKEN NUGGETS w/DINNER ROLL AND WHIPPED POTATOES w/GRAVY BLUE DEVIL PEPPERONI & CHEESE STUFFED BREAD STICK SIDE ITEMS SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE</p>	<p>16 MTL HAM & CHEESE CROISSANT</p> <p>BLUE DEVIL NACHO GRANDE</p> <p>SIDE ITEMS SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE</p>	<p>17 MTL PHILLY CHEESESTEAK BLUE DEVIL BONELESS WINGS W/CELERY STICKS SIDE ITEMS SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE</p>
<p>NO SCHOOL</p> <p> 1929 - 1968 ML KING DAY</p>	<p>NO SCHOOL</p> <p> IN-SERVICE DAY</p>	<p>22 MTL CHICKEN NUGGETS w/DINNER ROLL AND WHIPPED POTATOES w/GRAVY BLUE DEVIL PEPPERONI & CHEESE STUFFED BREAD STICK SIDE ITEMS SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE</p>	<p>23 MTL PIEROGIES w/DINNER ROLL</p> <p>BLUE DEVIL NACHO GRANDE</p> <p>SIDE ITEMS SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE</p>	<p>24 MTL KOREAN BEEF OVER BROWN RICE BLUE DEVIL BONELESS WINGS W/CELERY STICKS SIDE ITEMS SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE</p>
<p>27 MTL SLICED GYRO MEAT ON A PITA BREAD BLUE DEVIL CHEESE STUFFED BREAD STICKS W/ MARINARA SAUCE SIDE ITEMS SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE</p>	<p>28 MTL BEEF TACOS w/LETTUCE & CHEESE</p> <p>BLUE DEVIL SPICY CHICKEN BREAST ON A FRENCH ROLL SIDE ITEMS SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE</p>	<p>29 MTL POPCORN CHICKEN w/DINNER ROLL AND WHIPPED POTATOES w/GRAVY BLUE DEVIL PEPPERONI & CHEESE STUFFED BREAD STICK SIDE ITEMS SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE</p>	<p>30 MTL GENERAL TSO'S CHICKEN OVER WHOLE GRAIN RICE BLUE DEVIL NACHO GRANDE</p> <p>SIDE ITEMS SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE</p>	<p>31 MTL PULLED PORK STREET TACO BLUE DEVIL BONELESS WINGS W/CELERY STICKS SIDE ITEMS SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE</p>