

STUDENT LUNCH MEAL INCLUDES

- ENTREE
 - UNLIMITED VEGETABLES
 - UNLIMITED 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

PA Preferred ALL FRUIT AND VEGGIES ARE UNLIMITED **FARM SCHOOL**

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
 1% WHITE
 1% CHOCOLATE



DAILY MENU ITEMS

- CHICKEN TENDERS
- HAMBURGER
- CHEESEBURGER
- CHICKEN PATTY
- FRESH SALAD BAR
- FRESH MADE SANDWICHES AND WRAPS
- FRESH MADE GRAB-N-GO SALADS
- PIZZA



MENU SUBJECT TO CHANGE

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

MIDDLE 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 POPCORN CHICKEN W/ DINNER ROLL</p> <p>BLUE DEVIL HOME MADE STROMBOLI</p> <p>SIDE ITEMS CRINKLE CUT FRIES SWEET PEAS UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT</p>	<p>3 MTL TERIYAKI CHICKEN W/ BROWN RICE BLUE DEVIL BONELESS WINGS W/ CELERY STICKS SIDE ITEMS CURLY FRIES MIXED VEGETABLES UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>
<p>6 MTL BBQ RIB SANDWICH</p> <p>BLUE DEVIL PEPPERONI & CHEESE STUFFED BREAD STICKS SIDE ITEMS WAFFLE FRIES GREEN BEANS UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	<p>7 MTL SWEET SESAME CHICKEN STIR FRY OVER RICE BLUE DEVIL SPICY CHICKEN BREAST ON A FRENCH ROLL SIDE ITEMS WHIPPED POTATOES W/ GRAVY GOLDEN CORN UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	<p>8 MTL CHICKEN NUGGETS w/DINNER ROLL</p> <p>BLUE DEVIL FRESH MADE PIZZA</p> <p>SIDE ITEMS OVEN BAKED FRENCH FRIES CARROT COINS UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	<p>9 MTL CHICKEN CHEESESTEAK SANDWICH</p> <p>BLUE DEVIL CHIPOTLE FLATBREAD</p> <p>SIDE ITEMS ROASTED POTATOES STEAMED BROCCOLI UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	<p>10 MTL CHICKEN FAJITA WRAP BLUE DEVIL BONELESS WINGS W/ CELERY STICKS SIDE ITEMS TATER TOTS MIXED VEGETABLES UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>
<p>13 MTL FRENCH BREAD PIZZA</p> <p>BLUE DEVIL PEPPERONI & CHEESE STUFFED BREAD STICKS SIDE ITEMS WAFFLE FRIES GREEN BEANS UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	<p>14 MTL TACO LASAGNA</p> <p>BLUE DEVIL SPICY CHICKEN BREAST ON A FRENCH ROLL SIDE ITEMS WHIPPED POTATOES W/ GRAVY GOLDEN CORN UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	<p>15 MTL POPCORN CHICKEN w/BREADSTICK</p> <p>BLUE DEVIL FRESH MADE PIZZA</p> <p>SIDE ITEMS OVEN BAKED FRENCH FRIES CARROT COINS UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	<p>16 MTL BREAKFAST FOR LUNCH</p> <p>BLUE DEVIL HOME MADE STROMBOLI</p> <p>SIDE ITEMS POTATO SMILES STEAMED BROCCOLI UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	<p>17 MTL PHILLY CHEESESTEAK BLUE DEVIL BONELESS WINGS W/ CELERY STICKS SIDE ITEMS HASH BROWNS MIXED VEGETABLES UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>
<p>NO SCHOOL</p> <p>ML KING DAY</p>	<p>NO SCHOOL</p> <p>IN-SERVICE DAY</p>	<p>22 MTL CHICKEN NUGGETS w/DINNER ROLL</p> <p>BLUE DEVIL FRESH MADE PIZZA</p> <p>SIDE ITEMS OVEN BAKED FRENCH FRIES CARROT COINS UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	<p>23 MTL NACHO GRANDE</p> <p>BLUE DEVIL CHIPOTLE FLATBREAD</p> <p>SIDE ITEMS ROASTED RED POTATOES GREEN BEANS UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	<p>24 MTL KOREAN BEEF W/ BROWN RICE BLUE DEVIL BONELESS WINGS W/ CELERY STICKS SIDE ITEMS TATER TOTS MIXED VEGETABLES UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>
<p>27 MTL GENERAL TSO'S CHICKEN OVER WHOLE GRAIN RICE BLUE DEVIL PEPPERONI & CHEESE STUFFED BREAD STICKS SIDE ITEMS STEAMED RICE STEAMED BROCCOLI UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	<p>28 MTL GRILLED CHEESE SANDWICH WITH TOMATO SOUP BLUE DEVIL SPICY CHICKEN BREAST ON A FRENCH ROLL SIDE ITEMS WHIPPED POTATOES W/ GRAVY GOLDEN CORN UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	<p>29 MTL POPCORN CHICKEN w/BREADSTICK</p> <p>BLUE DEVIL FRESH MADE PIZZA</p> <p>SIDE ITEMS OVEN BAKED FRENCH FRIES CARROT COINS UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	<p>30 MTL BEEF TACOS W/ LETTUCE & CHEESE BLUE DEVIL HOME MADE STROMBOLI</p> <p>SIDE ITEMS STEAMED RICE GREEN BEANS UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	<p>31 MTL GRILLED CHICKEN SANDWICH BLUE DEVIL BONELESS WINGS W/ CELERY STICKS SIDE ITEMS TATER TOTS MIXED VEGETABLES UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>