

**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

**ALL FRUIT AND VEGGIES ARE UNLIMITED**

**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 FEBRUARY 2020**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>FISH SANDWICHES AVAILABLE EVERY FRIDAY DURING LENT!</b></p>				<p><b>FOOD SERVICE CONTACT INFO</b>                  PHONE - 412-344-2014                  WEB - <a href="http://mtlsd.org/foodservices">mtlsd.org/foodservices</a>                  There you can find menus, nutritional and payment info                  NOLEN FETCHKO                  FOOD SERVICE DIRECTOR  <a href="mailto:nfetchko@mtlsd.net">nfetchko@mtlsd.net</a>                  JOHN SABAN                  ASSISTANT FOOD SERVICE DIRECTOR  <a href="mailto:jsaban@mtlsd.net">jsaban@mtlsd.net</a>                  DAVE MISTERKA                  DISTRICT CHEF  <a href="mailto:dmisterka@mtlsd.net">dmisterka@mtlsd.net</a></p>
<p>NOW HIRING SUBSTITUTES AND FULL-TIME POSITIONS!</p> <p>JOIN OUR TEAM FOR:</p> <ul style="list-style-type: none"> <li>• FLEXIBLE WORK SCHEDULE</li> <li>• OFF WHEN THERE IS NO SCHOOL</li> <li>• LEAVE AFTER YOUR CHILDREN AND GET HOME BEFORE THEM!</li> </ul>				
<p><b>3 MTL</b>                  BUFFALO CHICKEN SANDWICH</p> <p><b>BLUE DEVIL</b>                  PEPPERONI &amp; CHEESE STUFFED BREAD STICKS  <b>SIDE ITEMS</b>                  CURLY FRIES                  GREEN BEANS                  UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT                  ASSORTED MILK CHOICE</p>	<p><b>4 MTL</b>                  PIEROGIES w/DINNER ROLL</p> <p><b>BLUE DEVIL</b>                  SPICY CHICKEN BREAST ON A FRENCH ROLL  <b>SIDE ITEMS</b>                  WHIPPED POTATOES W/GRAVY                  GOLDEN CORN                  UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT                  ASSORTED MILK CHOICE</p>	<p><b>5 MTL</b>                  CHICKEN NUGGETS w/DINNER ROLL</p> <p><b>BLUE DEVIL</b>                  FRESH MADE PIZZA</p> <p><b>SIDE ITEMS</b>                  OVEN BAKED FRENCH FRIES                  CARROT COINS                  UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT                  ASSORTED MILK CHOICE</p>	<p><b>6 MTL</b>                  LEBO CHICKEN CRUNCH OVER RICE  <b>BLUE DEVIL</b>                  HOME MADE STROMBOLI</p> <p><b>SIDE ITEMS</b>                  EGG NOODLES                  GREEN BEANS                  UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT                  ASSORTED MILK CHOICE</p>	<p><b>7 MTL</b>                  CHICKEN STIR-FRY w/WHOLE GRAIN RICE  <b>BLUE DEVIL</b>                  BONELESS WINGS W/ CELERY STICKS  <b>SIDE ITEMS</b>                  TATER TOTS                  MIXED VEGETABLES                  UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT                  ASSORTED MILK CHOICE</p>
<p><b>10 MTL</b>                  CAJUN CHICKEN SUB</p> <p><b>BLUE DEVIL</b>                  PEPPERONI &amp; CHEESE STUFFED BREAD STICK  <b>SIDE ITEMS</b>                  ROASTED POTATOES                  STEAMED BROCCOLI                  UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT                  ASSORTED MILK CHOICE</p>	<p><b>11 MTL</b>                  PENNE PASTA W/MEATBALLS AND GARLIC TOAST  <b>BLUE DEVIL</b>                  SPICY CHICKEN BREAST ON A FRENCH ROLL  <b>SIDE ITEMS</b>                  WHIPPED POTATOES W/GRAVY                  GOLDEN CORN                  UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT                  ASSORTED MILK CHOICE</p>	<p><b>12 MTL</b>                  POPCORN CHICKEN w/BREADSTICK</p> <p><b>BLUE DEVIL</b>                  FRESH MADE PIZZA</p> <p><b>SIDE ITEMS</b>                  OVEN BAKED FRENCH FRIES                  CARROT COINS                  UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT                  ASSORTED MILK CHOICE</p>	<p><b>13 MTL</b>                  BAKED LASAGNA w/GARLIC TOAST</p> <p><b>BLUE DEVIL</b>                  CHIPOTLE FLATBREAD</p> <p><b>SIDE ITEMS</b>                  CRINKLE CUT FRIES                  SWEET PEAS                  UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT                  ASSORTED MILK CHOICE</p>	<p><b>14 VALENTINES DAY MTL</b>                  CHICKEN FAJITA WRAP  <b>BLUE DEVIL</b>                  BONELESS WINGS W/ CELERY STICKS  <b>SIDE ITEMS</b>                  CURLY FRIES                  MIXED VEGETABLES                  UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT                  ASSORTED MILK CHOICE</p>
<p><b>NO SCHOOL</b></p> <p><i>Presidents' Day</i></p> <p><b>PRESIDENTS DAY</b></p>	<p><b>18 MTL</b>                  SWEET SESAME CHICKEN STIR FRY OVER RICE  <b>BLUE DEVIL</b>                  SPICY CHICKEN BREAST ON A FRENCH ROLL  <b>SIDE ITEMS</b>                  WHIPPED POTATOES W/GRAVY                  GOLDEN CORN                  UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT                  ASSORTED MILK CHOICE</p>	<p><b>19 MTL</b>                  CHICKEN NUGGETS w/DINNER ROLL</p> <p><b>BLUE DEVIL</b>                  FRESH MADE PIZZA</p> <p><b>SIDE ITEMS</b>                  OVEN BAKED FRENCH FRIES                  CARROT COINS                  UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT                  ASSORTED MILK CHOICE</p>	<p><b>20 MTL</b>                  PENNE PASTA W/ MEATBALLS AND GARLIC TOAST  <b>BLUE DEVIL</b>                  HOME MADE STROMBOLI</p> <p><b>SIDE ITEMS</b>                  ROASTED POTATOES                  STEAMED BROCCOLI                  UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT                  ASSORTED MILK CHOICE</p>	<p><b>21 MTL</b>                  PHILLY CHEESE STEAK SANDWICH  <b>BLUE DEVIL</b>                  BONELESS WINGS W/ CELERY STICKS  <b>SIDE ITEMS</b>                  TATER TOTS                  MIXED VEGETABLES                  UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT                  ASSORTED MILK CHOICE</p>
<p><b>24 MTL</b>                  FRENCH BREAD PIZZA</p> <p><b>BLUE DEVIL</b>                  PEPPERONI &amp; CHEESE STUFFED BREAD STICKS  <b>SIDE ITEMS</b>                  WAFFLE FRIES                  GREEN BEANS                  UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT                  ASSORTED MILK CHOICE</p>	<p><b>25 MTL</b>                  TACO LASAGNA</p> <p><b>BLUE DEVIL</b>                  SPICY CHICKEN BREAST ON A FRENCH ROLL  <b>SIDE ITEMS</b>                  WHIPPED POTATOES W/GRAVY                  GOLDEN CORN                  UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT                  ASSORTED MILK CHOICE</p>	<p><b>26 MTL</b>                  FISH SANDWICH</p> <p><b>BLUE DEVIL</b>                  FRESH MADE PIZZA</p> <p><b>SIDE ITEMS</b>                  OVEN BAKED FRENCH FRIES                  CARROT COINS                  UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT                  ASSORTED MILK CHOICE</p>	<p><b>27 MTL</b>                  BREAKFAST FOR LUNCH</p> <p><b>BLUE DEVIL</b>                  CHIPOTLE FLATBREAD</p> <p><b>SIDE ITEMS</b>                  POTATO SMILES                  STEAMED BROCCOLI                  UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT                  ASSORTED MILK CHOICE</p>	<p><b>28 MTL</b>                  KOREAN BEEF w/ WHOLE GRAIN RICE  <b>BLUE DEVIL</b>                  BONELESS WINGS W/ CELERY STICKS  <b>SIDE ITEMS</b>                  HASH BROWNS                  MIXED VEGETABLES                  UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT                  ASSORTED MILK CHOICE</p>

