

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 FEBRUARY 3rd - ITALIAN BAR
(Chicken parm, pasta w/sauce, lasagna and more)

WEEK OF FEBRUARY 10th - WING BAR
(Chicken Wings with a variety of sauces)

WEEK OF FEBRUARY 18th - BURGER BAR
(Hamburgers and Turkey burgers w/ toppings)

WEEK OF FEBRUARY 24th - FIESTA BAR
(Build your own tacos and burritos)

THIS INSTITUTION IS AN EQUAL
OPPORTUNITY PROVIDER AND EMPLOYER

MENU SUBJECT
TO CHANGE

HIGH SCHOOL MENU FEBRUARY 2020

MONDAY

FOOD SERVICE CONTACT INFO

PHONE - 412-344-2014
WEB - mtlisd.org/foodservices
There you can find menus, nutritional and payment info

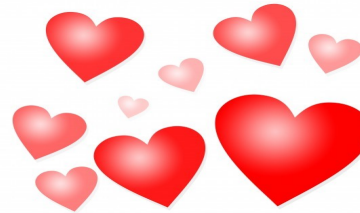
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TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



FISH SANDWICH
SERVED EVERY FRIDAY
DURING LENT!



Food Service Department Mission Statement

The mission of the food service department is to promote good nutrition by providing quality meals while maintaining the highest level of customer satisfaction.

3 **MTL**
BBQ RIB SANDWICH

BLUE DEVIL
CHEESE STUFFED BREAD STICKS
W/ MARINARA SAUCE
SIDE ITEMS
SEASONED VEGETABLES
ASSORTED SALAD CHOICE
ASSORTED FRUIT CHOICE
ASSORTED MILK CHOICE

4 **MTL**
BEEF TACOS w/LETTUCE & CHEESE

BLUE DEVIL
SPICY CHICKEN BREAST
ON A FRENCH ROLL
SIDE ITEMS
SEASONED VEGETABLES
ASSORTED SALAD CHOICE
ASSORTED FRUIT CHOICE
ASSORTED MILK CHOICE

5 **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

6 **MTL**
BAKED RIGATONI
w/GARLIC TOAST
BLUE DEVIL
NACHO GRANDE

SIDE ITEMS
SEASONED VEGETABLES
ASSORTED SALAD CHOICE
ASSORTED FRUIT CHOICE
ASSORTED MILK CHOICE

7 **MTL**
GRILLED CHICKEN SANDWICH

BLUE DEVIL
BONELESS WINGS
W/CELERY STICKS
SIDE ITEMS
SEASONED VEGETABLES
ASSORTED SALAD CHOICE
ASSORTED FRUIT CHOICE
ASSORTED MILK CHOICE

10 **MTL**
TURKEY & CHEESE CROISSANT

BLUE DEVIL
CHEESE STUFFED BREAD STICKS
WITH MARINARA SAUCE
SIDE ITEMS
SEASONED VEGETABLES
ASSORTED SALAD CHOICE
ASSORTED FRUIT CHOICE
ASSORTED MILK CHOICE

11 **MTL**
CHICKEN PARM
w/GARLIC BREADSTICK

BLUE DEVIL
SPICY CHICKEN BREAST
ON A FRENCH ROLL
SIDE ITEMS
SEASONED VEGETABLES
ASSORTED SALAD CHOICE
ASSORTED FRUIT CHOICE
ASSORTED MILK CHOICE

12 **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

13 **MTL**
KOREAN BEEF
w/ WHOLE GRAIN RICE
BLUE DEVIL
NACHO GRANDE

SIDE ITEMS
SEASONED VEGETABLES
ASSORTED SALAD CHOICE
ASSORTED FRUIT CHOICE
ASSORTED MILK CHOICE

14 **MTL**
CHICKEN STIR-FRY
w/WHOLE GRAIN RICE

BLUE DEVIL
BONELESS WINGS
W/CELERY STICKS
SIDE ITEMS
SEASONED VEGETABLES
ASSORTED SALAD CHOICE
ASSORTED FRUIT CHOICE
ASSORTED MILK CHOICE

NO SCHOOL



IN-SERVICE DAY

18 **MTL**
BBQ PULLED PORK SANDWICH

BLUE DEVIL
SPICY CHICKEN BREAST
ON A FRENCH ROLL
SIDE ITEMS
SEASONED VEGETABLES
ASSORTED SALAD CHOICE
ASSORTED FRUIT CHOICE
ASSORTED MILK CHOICE

19 **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

20 **MTL**
PHILLY CHEESE STEAK SANDWICH

BLUE DEVIL
NACHO GRANDE
SIDE ITEMS
SEASONED VEGETABLES
ASSORTED SALAD CHOICE
ASSORTED FRUIT CHOICE
ASSORTED MILK CHOICE

21 **MTL**
CHICKEN FAJITA WRAP

BLUE DEVIL
BONELESS WINGS
W/CELERY STICKS
SIDE ITEMS
SEASONED VEGETABLES
ASSORTED SALAD CHOICE
ASSORTED FRUIT CHOICE
ASSORTED MILK CHOICE

24 **MTL**
FRENCH BREAD PIZZA w/TOPPINGS

BLUE DEVIL
CHEESE STUFFED BREAD STICKS
WITH MARINARA SAUCE
SIDE ITEMS
SEASONED VEGETABLES
ASSORTED SALAD CHOICE
ASSORTED FRUIT CHOICE
ASSORTED MILK CHOICE

25 **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

26 **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

27 **MTL**
HAM & CHEESE CROISSANT

BLUE DEVIL
NACHO GRANDE
SIDE ITEMS
SEASONED VEGETABLES
ASSORTED SALAD CHOICE
ASSORTED FRUIT CHOICE
ASSORTED MILK CHOICE

28 **MTL**
PHILLY CHEESESTEAK
SANDWICH

BLUE DEVIL
BONELESS WINGS
W/CELERY STICKS
SIDE ITEMS
SEASONED VEGETABLES
ASSORTED SALAD CHOICE
ASSORTED FRUIT CHOICE
ASSORTED MILK CHOICE

