

## 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 -\$2.70 MTL-\$3.05 BLUE-\$3.60

REDUCED PRICE: \$0.40

ADULTS - ALA CARTE PRICING

**PA Preferred** ALL FRUIT AND VEGGIES ARE UNLIMITED **FARM TO 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 SEPTEMBER 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All meals are available at no cost for the entire 2021-22 SY!</p>	<p>If your student is learning remotely and in need of meals, please contact the Food Service Director to coordinate pick up at <a href="mailto:nfetchko@mtlsd.net">nfetchko@mtlsd.net</a>!</p>	<p><b>1</b> <b>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>2</b> <b>MTL</b> BREAKFAST FOR LUNCH</p> <p><b>BLUE DEVIL</b> HOME MADE STROMBOLI</p> <p><b>SIDE ITEMS</b> POTATO SMILES STEAMED BROCCOLI UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	<p><b>3</b> <b>MTL</b> KOREAN BEEF OVER BROWN 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>
<p><b>NO SCHOOL</b></p> <p><b>HAPPY LABOR DAY</b></p> <p><b>LABOR DAY HOLIDAY</b></p>	<p><b>7</b> <b>MTL</b> TOMATO BASIL FLATBREAD</p> <p><b>BLUE DEVIL</b> SPICY CHICKEN BREAST ON A FRENCH ROLL</p> <p><b>SIDE ITEMS</b> WHIPPED POTATOES W/GRAVY GOLDEN CORN UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	<p><b>8</b> <b>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>9</b> <b>MTL</b> NACHO GRANDE</p> <p><b>BLUE DEVIL</b> CHIPOTLE FLATBREAD</p> <p><b>SIDE ITEMS</b> ROASTED RED POTATOES GREEN BEANS UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	<p><b>10</b> <b>MTL</b> PULLED PORK STREET TACO <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>13</b> <b>MTL</b> GENERAL TSO'S CHICKEN OVER WHOLE GRAIN RICE <b>BLUE DEVIL</b> CHEESE STUFFED BREAD STICKS <b>SIDE ITEMS</b> STEAMED RICE STEAMED BROCCOLI UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	<p><b>14</b> <b>MTL</b> GRILLED CHEESE SANDWICH WITH TOMATO SOUP <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>15</b> <b>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>NO SCHOOL</b></p> <p><b>Sorry WE'RE CLOSED</b></p> <p><b>YOM KIPPUR</b></p>	<p><b>17</b> <b>MTL</b> GRILLED CHICKEN 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>20</b> <b>MTL</b> BUFFALO CHICKEN SANDWICH</p> <p><b>BLUE DEVIL</b> 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>21</b> <b>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>22</b> <b>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>23</b> <b>MTL</b> LEBO CHICKEN CRUNCH OVER RICE <b>BLUE DEVIL</b> CHIPOTLE FLATBREAD</p> <p><b>SIDE ITEMS</b> EGG NOODLES STEAMED BROCCOLI UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	<p><b>24</b> <b>MTL</b> CHICKEN FAJITA WRAP <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>27</b> <b>MTL</b> CAJUN CHICKEN SUB</p> <p><b>BLUE DEVIL</b> CHEESE STUFFED BREAD STICKS <b>SIDE ITEMS</b> ROASTED POTATOES STEAMED BROCCOLI UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	<p><b>28</b> <b>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>29</b> <b>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>30</b> <b>MTL</b> BAKED LASAGNA w/GARLIC TOAST</p> <p><b>BLUE DEVIL</b> HOME MADE STROMBOLI</p> <p><b>SIDE ITEMS</b> CRINKLE CUT FRIES SWEET PEAS UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	<p><b>FOOD SERVICE CONTACT INFO</b> PHONE - 412-344-2014 WEB - <a href="http://mtlsd.org/foodservices">mtlsd.org/foodservices</a> NOLEN FETCHKO FOOD SERVICE DIRECTOR <a href="mailto:nfetchko@mtlsd.net">nfetchko@mtlsd.net</a> JOHN SABAN FOOD SERVICE MANAGER <a href="mailto:jsaban@mtlsd.net">jsaban@mtlsd.net</a> DAVE MISTERKA DISTRICT CHEF <a href="mailto:dmisterka@mtlsd.net">dmisterka@mtlsd.net</a> There you can find menus, nutritional and payment info</p>