

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

REDUCED PRICE: \$0.40  
ADULTS - ALA CARTE PRICING



# HIGH SCHOOL MENU OCTOBER 2021



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



### FOOD SERVICE CONTACT INFO

PHONE - 412-344-2014  
WEB — [mtisd.org/foodservices](http://mtisd.org/foodservices)  
There you can find menus, nutritional and payment info  
NOLEN FETCHKO  
FOOD SERVICE DIRECTOR  
[nfetchko@mtisd.net](mailto:nfetchko@mtisd.net)  
JOHN SABAN  
ASSISTANT FOOD SERVICE DIRECTOR  
[jsaban@mtisd.net](mailto:jsaban@mtisd.net)  
DAVE MISTERKA  
DISTRICT CHEF  
[dmisterka@mtisd.net](mailto:dmisterka@mtisd.net)



**4** **MTL**  
BUFFALO CHICKEN SANDWICH  
**BLUE DEVIL**  
CHEESE STUFFED BREAD STICKS  
WITH MARINARA SAUCE  
**SIDE ITEMS**  
SEASONED VEGETABLES  
ASSORTED SALAD CHOICE  
ASSORTED FRUIT CHOICE  
ASSORTED MILK CHOICE

**5** **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

**6** **MTL**  
CHICKEN NUGGETS w/DINNER ROLL  
AND WHIPPED POTATOES w/GRAVY  
**BLUE DEVIL**  
CHEESE STUFFED BREAD STICKS  
W/ MARINARA SAUCE  
**SIDE ITEMS**  
SEASONED VEGETABLES  
ASSORTED SALAD CHOICE  
ASSORTED FRUIT CHOICE  
ASSORTED MILK CHOICE

**7** **MTL**  
HOT ITALIAN HOAGIE  
**BLUE DEVIL**  
NACHO GRANDE  
**SIDE ITEMS**  
SEASONED VEGETABLES  
ASSORTED SALAD CHOICE  
ASSORTED FRUIT CHOICE  
ASSORTED MILK CHOICE

**1** **MTL**  
CHICKEN FAJITA WRAP  
**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**

**12** **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

**13** **MTL**  
POPCORN CHICKEN w/DINNER ROLL  
AND WHIPPED POTATOES w/GRAVY  
**BLUE DEVIL**  
CHEESE STUFFED BREAD STICKS  
W/ MARINARA SAUCE  
**SIDE ITEMS**  
SEASONED VEGETABLES  
ASSORTED SALAD CHOICE  
ASSORTED FRUIT CHOICE  
ASSORTED MILK CHOICE

**14** **MTL**  
HAM & CHEESE CROISSANT  
**BLUE DEVIL**  
NACHO GRANDE  
**SIDE ITEMS**  
SEASONED VEGETABLES  
ASSORTED SALAD CHOICE  
ASSORTED FRUIT CHOICE  
ASSORTED MILK CHOICE

**15** **MTL**  
GRILLED CHICKEN SANDWICH  
**BLUE DEVIL**  
BONELESS WINGS  
W/CELERY STICKS  
**SIDE ITEMS**  
SEASONED VEGETABLES  
ASSORTED SALAD CHOICE  
ASSORTED FRUIT CHOICE  
ASSORTED MILK CHOICE

**18** **MTL**  
MEATBALL HOAGIE  
**BLUE DEVIL**  
CHEESE STUFFED BREAD STICKS  
W/ MARINARA SAUCE  
**SIDE ITEMS**  
SEASONED VEGETABLES  
ASSORTED SALAD CHOICE  
ASSORTED FRUIT CHOICE  
ASSORTED MILK CHOICE

**19** **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

**20** **MTL**  
CHICKEN NUGGETS w/DINNER ROLL  
AND WHIPPED POTATOES w/GRAVY  
**BLUE DEVIL**  
CHEESE STUFFED BREAD STICKS  
W/ MARINARA SAUCE  
**SIDE ITEMS**  
SEASONED VEGETABLES  
ASSORTED SALAD CHOICE  
ASSORTED FRUIT CHOICE  
ASSORTED MILK CHOICE

**21** **MTL**  
PIEROGIES w/DINNER ROLL  
**BLUE DEVIL**  
NACHO GRANDE  
**SIDE ITEMS**  
SEASONED VEGETABLES  
ASSORTED SALAD CHOICE  
ASSORTED FRUIT CHOICE  
ASSORTED MILK CHOICE

**22** **MTL**  
PULLED PORK STREET TACOS  
**BLUE DEVIL**  
BONELESS WINGS  
W/CELERY STICKS  
**SIDE ITEMS**  
SEASONED VEGETABLES  
ASSORTED SALAD CHOICE  
ASSORTED FRUIT CHOICE  
ASSORTED MILK CHOICE

**25** **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

**26** **MTL**  
TOMATO BASIL FLATBREAD  
**BLUE DEVIL**  
SPICY CHICKEN BREAST  
ON A FRENCH ROLL  
**SIDE ITEMS**  
SEASONED VEGETABLES  
ASSORTED SALAD CHOICE  
ASSORTED FRUIT CHOICE  
ASSORTED MILK CHOICE

**27** **MTL**  
POPCORN CHICKEN w/DINNER ROLL  
AND WHIPPED POTATOES w/GRAVY  
**BLUE DEVIL**  
CHEESE STUFFED BREAD STICKS  
W/ MARINARA SAUCE  
**SIDE ITEMS**  
SEASONED VEGETABLES  
ASSORTED SALAD CHOICE  
ASSORTED FRUIT CHOICE  
ASSORTED MILK CHOICE

**28** **MTL**  
GENERAL TSO'S CHICKEN  
OVER WHOLE GRAIN RICE  
**BLUE DEVIL**  
NACHO GRANDE  
**SIDE ITEMS**  
SEASONED VEGETABLES  
ASSORTED SALAD CHOICE  
ASSORTED FRUIT CHOICE  
ASSORTED MILK CHOICE

**29** **MTL**  
GRILLED CHEESE SANDWICH  
W/TOMATO SOUP  
**BLUE DEVIL**  
BONELESS WINGS  
W/CELERY STICKS  
**SIDE ITEMS**  
SEASONED VEGETABLES  
ASSORTED SALAD CHOICE  
ASSORTED FRUIT CHOICE  
ASSORTED MILK CHOICE

## 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 PRE-MADE SALADS/SANDWICHES  
FRESH MADE PIZZA

## CHEFS CUISINE LINE

### WEEK OF OCT 4th - ASIAN BAR

(General Tso's, Veggie low-mein, rice, fresh veg)

### WEEK OF OCT 11th - ITALIAN BAR

(Chicken parm, pasta w/sauce, lasagna and more)

### WEEK OF OCT 18th - WING BAR

(Chicken Wings with a variety of sauces)

### WEEK OF OCT 25th - FIESTA BAR

(Build your own tacos and burritos)

THIS INSTITUTION IS AN EQUAL  
OPPORTUNITY PROVIDER AND EMPLOYER

MENU SUBJECT  
TO CHANGE