

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 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 OCTOBER 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FOOD SERVICE CONTACT INFO PHONE - 412-344-2014 WEB - mtlsd.org/foodservices There you can find menus, nutritional and payment info NOLEN FETCHKO FOOD SERVICE DIRECTOR nfetchko@mtlsd.net JOHN SABAN ASSISTANT FOOD SERVICE DIRECTOR jsaban@mtlsd.net DAVE MISTERKA DISTRICT CHEF dmisterka@mtlsd.net				
4 MTL BBQ RIB SANDWICH BLUE DEVIL CHEESE STUFFED BREAD STICKS SIDE ITEMS WAFFLE FRIES GREEN BEANS UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE	5 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	6 MTL CHICKEN NUGGETS w/DINNER ROLL BLUE DEVIL FRESH MADE PIZZA SIDE ITEMS OVEN BAKED FRENCH FRIES CARROT COINS UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE	7 MTL CHICKEN PARM W/ GARLIC BREADSTICKS BLUE DEVIL CHIPOTLE FLATBREAD SIDE ITEMS ROASTED POTATOES STEAMED BROCCOLI UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE	1 MTL CHICKEN STIR FRY OVER 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
NO SCHOOL 	12 MTL TACO LASAGNA 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	13 MTL POPCORN CHICKEN w/BREADSTICK BLUE DEVIL FRESH MADE PIZZA SIDE ITEMS OVEN BAKED FRENCH FRIES CARROT COINS UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE	14 MTL BREAKFAST FOR LUNCH BLUE DEVIL HOME MADE STROMBOLI SIDE ITEMS POTATO SMILES STEAMED BROCCOLI UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE	15 MTL KOREAN BEEF OVER BROWN RICE BLUE DEVIL BONELESS WINGS W/ CELERY STICKS SIDE ITEMS HASH BROWNS MIXED VEGETABLES UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE
18 MTL MEATBALL HOAGIE BLUE DEVIL CHEESE STUFFED BREAD STICKS SIDE ITEMS CURLY FRIES SWEET PEAS UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE	19 MTL TOMATO BASIL FLATBREAD 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	20 MTL CHICKEN NUGGETS w/DINNER ROLL BLUE DEVIL FRESH MADE PIZZA SIDE ITEMS OVEN BAKED FRENCH FRIES CARROT COINS UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE	21 MTL NACHO GRANDE BLUE DEVIL CHIPOTLE FLATBREAD SIDE ITEMS ROASTED RED POTATOES GREEN BEANS UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE	22 MTL PULLED PORK STREET TACO BLUE DEVIL BONELESS WINGS W/ CELERY STICKS SIDE ITEMS TATER TOTS MIXED VEGETABLES UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE
25 MTL GENERAL TSO'S CHICKEN OVER WHOLE GRAIN RICE BLUE DEVIL CHEESE STUFFED BREAD STICKS SIDE ITEMS STEAMED RICE STEAMED BROCCOLI UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE	26 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	27 MTL POPCORN CHICKEN w/BREADSTICK BLUE DEVIL FRESH MADE PIZZA SIDE ITEMS OVEN BAKED FRENCH FRIES CARROT COINS UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE	28 MTL BEEF TACOS W/ LETTUCE & CHEESE BLUE DEVIL HOME MADE STROMBOLI SIDE ITEMS STEAMED RICE GREEN BEANS UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE	29 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 FRUIT ASSORTED MILK CHOICE