

**LUNCH PRICES:**

Regular Lunch Price \$2.65  
 Reduced Lunch Price \$0.40  
 Adult Lunch \$3.00  
 Side Items \$0.90 (fruit and vegetables)

**ALACARTE ITEMS**

Bottled Water (8oz) - \$0.75  
 Snack Bags — COMING SOON!  
 Ice Cream — COMING SOON!

**MILK CHOICES - \$0.50**

SKIM  
 WHITE 1%  
 CHOCOLATE 1%

**A MEAL INCLUDES:**

1 Entrée  
 Unlimited fruits/vegetables  
 1 Milk

**UNLIMITED FRUITS/VEGGIES**

Fresh Apples/Oranges/Bananas  
 Fresh Carrots/Celery/Broccoli  
 Fresh, dried and canned fruits  
 100% Fruit Juice (limit of 2)  
 100% Vegetable Juice (limit of 2)  
 Side salad  
 Specialty Salads  
 Broccoli Florets

**FOOD SERVICE CONTACT INFO**

WhatsApp → 412-344-2014

Twitter → @CafeLebo

Internet → [mtlsd.org/Foodservice](https://mtlsd.org/Foodservice)  
 (menus, nutritional and payment info)

JOHN SABAN  
 INTERIM FOOD SERVICE DIRECTOR  
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DAVE MISTERKA  
 DISTRICT CHEF  
[dmisterka@mtlsd.net](mailto:dmisterka@mtlsd.net)

**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



THIS INSTITUTION IS  
 AN EQUAL OPPORTUNITY  
 PROVIDER AND EMPLOYER

**ELEMENTARY MENU OCTOBER 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <b>Hot Entrée</b> MINI WAFFLES WITH YOGURT CUP <b>Deli Selection</b> HAM & TURKEY CLUB <b>Daily Offerings</b> BAGEL and YOGURT OR GARDEN SALAD Unlimited fruits & vegetables Assorted milk choice	<b>4</b> <b>Hot Entrée</b> SPIRAL PASTA WITH MARINARA SAUCE AND CHEESE <b>Deli Selection</b> HAM & TURKEY CLUB <b>Daily Offerings</b> BAGEL and YOGURT OR GARDEN SALAD Unlimited fruits & vegetables Assorted milk choice	<b>NO SCHOOL</b>  <b>YOM KIPPUR</b>	<b>6</b> <b>Hot Entrée</b> MEXICAN FIESTA BOWL <b>Deli Selection</b> HAM & TURKEY CLUB <b>Daily Offerings</b> BAGEL and YOGURT OR GARDEN SALAD Unlimited fruits & vegetables Assorted milk choice	<b>NO LUNCH</b>  <b>ACT 80 DAY</b>
<b>NO SCHOOL</b>  <b>IN-SERVICE DAY</b>	<b>11</b> <b>Hot Entrée</b> MINI PANCAKES WITH YOGURT CUP <b>Deli Selection</b> HAM & CHEESE CROISSANT <b>Daily Offerings</b> BAGEL and YOGURT OR GARDEN SALAD Unlimited fruits & vegetables Assorted milk choice	<b>12</b> <b>Hot Entrée</b> BAKED POPCORN CHICKEN WITH A DINNER ROLL <b>Deli Selection</b> HAM & CHEESE CROISSANT <b>Daily Offerings</b> BAGEL and YOGURT OR GARDEN SALAD Unlimited fruits & vegetables Assorted milk choice	<b>13</b> <b>Hot Entrée</b> CHEESE FILLED GARLIC STICKS WITH MARINARA SAUCE <b>Deli Selection</b> HAM & CHEESE CROISSANT <b>Daily Offerings</b> BAGEL and YOGURT OR GARDEN SALAD Unlimited fruits & vegetables Assorted milk choice	<b>14</b> <b>Hot Entrée</b> HAMBURGER ON A WHOLE GRAIN BUN <b>Deli Selection</b> HAM & CHEESE CROISSANT <b>Daily Offerings</b> BAGEL and YOGURT OR GARDEN SALAD Unlimited fruits & vegetables Assorted milk choice
<b>17</b> <b>Hot Entrée</b> MINI FRENCH TOAST WITH YOGURT CUP <b>Deli Selection</b> TURKEY & CHEESE CROISSANT <b>Daily Offerings</b> BAGEL and YOGURT OR GARDEN SALAD Unlimited fruits & vegetables Assorted milk choice	<b>18</b> <b>Hot Entrée</b> HOT DOG IN A BUN <b>Deli Selection</b> TURKEY & CHEESE CROISSANT <b>Daily Offerings</b> BAGEL and YOGURT OR GARDEN SALAD Unlimited fruits & vegetables Assorted milk choice	<b>19</b> <b>Hot Entrée</b> BAKED CHICKEN NUGGETS WITH A DINNER ROLL <b>Deli Selection</b> TURKEY & CHEESE CROISSANT <b>Daily Offerings</b> BAGEL and YOGURT OR GARDEN SALAD Unlimited fruits & vegetables Assorted milk choice	<b>20</b> <b>Hot Entrée</b> CHICKEN QUESADILLA <b>Deli Selection</b> TURKEY & CHEESE CROISSANT <b>Daily Offerings</b> BAGEL and YOGURT OR GARDEN SALAD Unlimited fruits & vegetables Assorted milk choice	<b>21</b> <b>Hot Entrée</b> CHEESEBURGER ON A WHOLE GRAIN BUN <b>Deli Selection</b> TURKEY & CHEESE CROISSANT <b>Daily Offerings</b> BAGEL and YOGURT OR GARDEN SALAD Unlimited fruits & vegetables Assorted milk choice
<b>24</b> <b>Hot Entrée</b> MINI WAFFLES WITH YOGURT CUP <b>Deli Selection</b> ITALIAN HOAGIE <b>Daily Offerings</b> BAGEL and YOGURT OR GARDEN SALAD Unlimited fruits & vegetables Assorted milk choice	<b>25</b> <b>Hot Entrée</b> SPIRAL PASTA WITH MARINARA SAUCE AND CHEESE <b>Deli Selection</b> ITALIAN HOAGIE <b>Daily Offerings</b> BAGEL and YOGURT OR GARDEN SALAD Unlimited fruits & vegetables Assorted milk choice	<b>26</b> <b>Hot Entrée</b> BAKED POPCORN CHICKEN WITH A DINNER ROLL <b>Deli Selection</b> ITALIAN HOAGIE <b>Daily Offerings</b> BAGEL and YOGURT OR GARDEN SALAD Unlimited fruits & vegetables Assorted milk choice	<b>27</b> <b>Hot Entrée</b> CHEESE PIZZA <b>Deli Selection</b> ITALIAN HOAGIE <b>Daily Offerings</b> BAGEL and YOGURT OR GARDEN SALAD Unlimited fruits & vegetables Assorted milk choice	<b>28</b> <b>Hot Entrée</b> HAMBURGER ON A WHOLE GRAIN BUN <b>Deli Selection</b> ITALIAN HOAGIE <b>Daily Offerings</b> BAGEL and YOGURT OR GARDEN SALAD Unlimited fruits & vegetables Assorted milk choice
<b>31</b> <b>Hot Entrée</b> MINI PANCAKES WITH YOGURT CUP <b>Deli Selection</b> POPCORN CHICKEN WRAP <b>Daily Offerings</b> BAGEL and YOGURT OR GARDEN SALAD Unlimited fruits & vegetables Assorted milk choice				