

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 -\$2.80 MTL-\$3.15 BLUE-\$3.70
 REDUCED PRICE: \$0.40
 ADULTS - ALA CARTE PRICING

ALL FRUIT AND VEGGIES ARE UNLIMITED

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



MIDDLE SCHOOL MENU OCTOBER 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>3 MTL CAJUN CHICKEN SUB</p> <p>BLUE DEVIL CHEESE STUFFED BREAD STICKS</p> <p>SIDE ITEMS OVEN BAKED FRENCH FRIES SEASONED VEGETABLES UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	<p>4 MTL PENNE PASTA W/MEATBALLS AND GARLIC TOAST</p> <p>BLUE DEVIL SPICY CHICKEN BREAST ON A FRENCH ROLL</p> <p>SIDE ITEMS OVEN BAKED FRENCH FRIES SEASONED VEGETABLES UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	<p>NO SCHOOL</p>  <p>YOM KIPPUR</p>	<p>6 MTL FRENCH BREAD PIZZA</p> <p>BLUE DEVIL NACHO GRANDE</p> <p>SIDE ITEMS OVEN BAKED FRENCH FRIES SEASONED VEGETABLES UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	<p>7 MTL CHICKEN STIR FRY OVER BROWN RICE</p> <p>BLUE DEVIL BONELESS WINGS W/ CELERY STICKS</p> <p>SIDE ITEMS TATER TOTS STEAMED BROCCOLI UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	
<p>NO SCHOOL</p>  <p>IN SERVICE DAY</p>	<p>11 MTL PHILLY CHEESESTEAK SANDWICH</p> <p>BLUE DEVIL SPICY CHICKEN BREAST ON A FRENCH ROLL</p> <p>SIDE ITEMS OVEN BAKED FRENCH FRIES SEASONED VEGETABLES UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	<p>12 MTL CHICKEN NUGGETS w/DINNER ROLL</p> <p>BLUE DEVIL FLATBREAD</p> <p>SIDE ITEMS WHIPPED POTATOES W/GRAVY GOLDEN CORN UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	<p>13 MTL CHICKEN PARM W/ GARLIC BREADSTICKS</p> <p>BLUE DEVIL NACHO GRANDE</p> <p>SIDE ITEMS OVEN BAKED FRENCH FRIES SEASONED VEGETABLES UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	<p>14 MTL SWEET SESAME CHICKEN STIR FRY OVER RICE</p> <p>BLUE DEVIL BONELESS WINGS W/ CELERY STICKS</p> <p>SIDE ITEMS TATER TOTS STEAMED BROCCOLI UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	
<p>17 MTL BBQ RIB SANDWICH</p> <p>BLUE DEVIL CHEESE STUFFED BREAD STICKS</p> <p>SIDE ITEMS OVEN BAKED FRENCH FRIES SEASONED VEGETABLES UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	<p>18 MTL PIEROGIES w/DINNER ROLL</p> <p>BLUE DEVIL SPICY CHICKEN BREAST ON A FRENCH ROLL</p> <p>SIDE ITEMS OVEN BAKED FRENCH FRIES SEASONED VEGETABLES UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	<p>19 MTL POPCORN CHICKEN w/BREADSTICK</p> <p>BLUE DEVIL FLATBREAD</p> <p>SIDE ITEMS WHIPPED POTATOES W/GRAVY GOLDEN CORN UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	<p>20 MTL BREAKFAST FOR LUNCH</p> <p>BLUE DEVIL NACHO GRANDE</p> <p>SIDE ITEMS OVEN BAKED FRENCH FRIES SEASONED VEGETABLES UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	<p>21 MTL KOREAN BEEF OVER BROWN RICE</p> <p>BLUE DEVIL BONELESS WINGS W/ CELERY STICKS</p> <p>SIDE ITEMS TATER TOTS STEAMED BROCCOLI UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	
<p>24 MTL MEATBALL HOAGIE</p> <p>BLUE DEVIL CHEESE STUFFED BREAD STICKS</p> <p>SIDE ITEMS OVEN BAKED FRENCH FRIES SEASONED VEGETABLES UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	<p>25 MTL TOMATO BASIL FLATBREAD</p> <p>BLUE DEVIL SPICY CHICKEN BREAST ON A FRENCH ROLL</p> <p>SIDE ITEMS OVEN BAKED FRENCH FRIES SEASONED VEGETABLES UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	<p>26 MTL CHICKEN NUGGETS w/DINNER ROLL</p> <p>BLUE DEVIL FLATBREAD</p> <p>SIDE ITEMS WHIPPED POTATOES W/GRAVY GOLDEN CORN UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	<p>27 MTL HOT ITALIAN HOAGIE</p> <p>BLUE DEVIL NACHO GRANDE</p> <p>SIDE ITEMS OVEN BAKED FRENCH FRIES SEASONED VEGETABLES UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	<p>28 MTL GENERAL TSO'S CHICKEN OVER WHOLE GRAIN RICE</p> <p>BLUE DEVIL BONELESS WINGS W/ CELERY STICKS</p> <p>SIDE ITEMS TATER TOTS STEAMED BROCCOLI UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	
<p>31 MTL PULLED PORK STREET TACO W/TOPPINGS</p> <p>BLUE DEVIL CHEESE STUFFED BREAD STICKS</p> <p>SIDE ITEMS OVEN BAKED FRENCH FRIES SEASONED VEGETABLES UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE</p>	  			<p>FOOD SERVICE CONTACT INFO</p> <p>PHONE - 412-344-2014 WEB - mtlsd.org/foodservices There you can find menus, nutritional and payment info</p> <p>JOHN SABAN INTERIM FOOD SERVICE DIRECTOR jsaban@mtlsd.net</p> <p>DAVE MISTERKA DISTRICT CHEF dmisterka@mtlsd.net</p>	

MENU SUBJECT TO CHANGE

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER