

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 -\$2.80 MTL-\$3.15 BLUE-\$3.70

REDUCED PRICE: \$0.40

ADULTS - A LA CARTE PRICING

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 TENDERS
HAMBURGER
CHEESEBURGER
CHICKEN PATTY
ULTIMATE CHICKEN SANDWICH
FRESH SALAD BAR
FRESH MADE PIZZA



CHEF'S CUISINE LINE

WEEK OF OCT 3rd - ITALIAN BAR
(Chicken parm, pasta w/sauce, lasagna and more)

WEEK OF OCT 11th - WING BAR
(Chicken Wings with a variety of sauces)

WEEK OF OCT 17th - ASIAN BAR
(General Tso's, Veggie low-mein, rice, fresh veg)

WEEK OF OCT 24th - FIESTA BAR
(Build your own tacos and burritos)

THIS INSTITUTION IS AN EQUAL
OPPORTUNITY PROVIDER AND EMPLOYER

MENU SUBJECT
TO CHANGE

HIGH SCHOOL MENU OCTOBER 2022



MONDAY

3 **MTL**
TURKEY & CHEESE CROISSANT

BLUE DEVIL
CHEESE STUFFED BREAD STICKS
WITH MARINARA SAUCE
SIDE ITEMS
SEASONED VEGETABLES
ASSORTED SALAD CHOICE
ASSORTED FRUIT CHOICE
ASSORTED MILK CHOICE

NO SCHOOL



IN-SERVICE DAY

TUESDAY

4 **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

11 **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

WEDNESDAY

NO SCHOOL



YOM KIPPUR

NO LUNCH



NOON DISMISSAL

THURSDAY

6 **MTL**
KOREAN BEEF
w/ WHOLE GRAIN RICE
BLUE DEVIL
NACHO GRANDE

SIDE ITEMS
SEASONED VEGETABLES
ASSORTED SALAD CHOICE
ASSORTED FRUIT CHOICE
ASSORTED MILK CHOICE

13 **MTL**
HOT ITALIAN HOAGIE

BLUE DEVIL
NACHO GRANDE

SIDE ITEMS
SEASONED VEGETABLES
ASSORTED SALAD CHOICE
ASSORTED FRUIT CHOICE
ASSORTED MILK CHOICE

FRIDAY

7 **MTL**
CHICKEN FAJITA WRAP

BLUE DEVIL
BONELESS WINGS
W/CELERY STICKS
SIDE ITEMS
SEASONED VEGETABLES
ASSORTED SALAD CHOICE
ASSORTED FRUIT CHOICE
ASSORTED MILK CHOICE

14 **MTL**
PHILLY CHEESE STEAK SANDWICH

BLUE DEVIL
BONELESS WINGS
W/CELERY STICKS
SIDE ITEMS
SEASONED VEGETABLES
ASSORTED SALAD CHOICE
ASSORTED FRUIT CHOICE
ASSORTED MILK CHOICE

17 **MTL**
FRENCH BREAD PIZZA
w/TOPPINGS
BLUE DEVIL
CHEESE STUFFED BREAD STICKS
WITH MARINARA SAUCE
SIDE ITEMS
SEASONED VEGETABLES
ASSORTED SALAD CHOICE
ASSORTED FRUIT CHOICE
ASSORTED MILK CHOICE

18 **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

19 **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

20 **MTL**
HAM & CHEESE CROISSANT

BLUE DEVIL
NACHO GRANDE

SIDE ITEMS
SEASONED VEGETABLES
ASSORTED SALAD CHOICE
ASSORTED FRUIT CHOICE
ASSORTED MILK CHOICE

21 **MTL**
GRILLED CHICKEN SANDWICH

BLUE DEVIL
BONELESS WINGS
W/CELERY STICKS
SIDE ITEMS
SEASONED VEGETABLES
ASSORTED SALAD CHOICE
ASSORTED FRUIT CHOICE
ASSORTED MILK CHOICE

24 **MTL**
BUFFALO CHICKEN SANDWICH

BLUE DEVIL
CHEESE STUFFED BREAD STICKS
W/ MARINARA SAUCE
SIDE ITEMS
SEASONED VEGETABLES
ASSORTED SALAD CHOICE
ASSORTED FRUIT CHOICE
ASSORTED MILK CHOICE

25 **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

26 **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

27 **MTL**
PIEROGIES w/DINNER ROLL

BLUE DEVIL
NACHO GRANDE

SIDE ITEMS
SEASONED VEGETABLES
ASSORTED SALAD CHOICE
ASSORTED FRUIT CHOICE
ASSORTED MILK CHOICE

28 **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

31 **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



FOOD SERVICE CONTACT INFO

PHONE - 412-344-2014

WEB - mtisd.org/foodservices
There you can find menus, nutritional
and payment info

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