

**Director of Food & Nutrition**

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*fresh*  
**EATS**  
· BISTRO ·

Monday	Tuesday	Wednesday	Thursday	Friday	THE PIZZERIA
<b>3</b> Cheese Tortellini w/ Marinara & Sliced Bread  Steamed Mixed Vegetables	<b>4</b> Chicken Pot Pie  Steamed Peas	<b>5</b> Sweet & Sour Dumplings  Oven Roasted Carrots	<b>6</b> Baked Potato Bar w/ sliced bread  Steamed Broccoli	<b>7</b> BBQ Pulled Pork Loaded Fries  Steamed Corn	<b>THE PIZZERIA</b>  Daily Cheese Pizza Pepperoni Pizza  Daily Special Monday: Hot Honey Pizza Tuesday: Taco Pizza Wednesday: BBQ Chicken Pizza Thursday: Buffalo Chicken Pizza Friday: Veggie Pizza
<b>10</b> No School	<b>11</b>  No School	<b>12</b> Queso Cheesesteak on a Bun  Crispy French Fries  *Farm to Fork Broccoli Salad*	<b>13</b> Penne Rosa w/ Garlic Breadstick  Steamed Green Beans	<b>14</b> Sloppy Nachos  Steamed Corn	
<b>17</b> Pierogies W/ Sliced Bread  Steamed Cauliflower	<b>18</b> Walking Taco w/ Beef & Cheese & Sliced Bread  Refried Beans	<b>19</b> Creole Enchilada Chicken Oven Rice  Steamed Broccoli	<b>20</b> Roasted Turkey w/ Sliced Bread Stuffing Cranberry Sauce  Mashed potatoes w/ Gravy  Pumpkin Bar	<b>21</b> BBQ Rib on a Roll  Oven Roasted Carrots	
<b>24</b> Oven Baked Chicken w/ Biscuit  Mashed Potatoes w/ Gravy	<b>25</b> Meatballs & Penne Pasta w/ Garlic Toast  Steamed Green Beans	<b>26</b> Buffalo Chicken Panini  Baked Beans	<b>27</b>   NO SCHOOL	<b>28</b>   NO SCHOOL	

**THE GRILL**

Spicy Chicken Patty on  
a Bun  
  
 Chicken Patty on a Bun  
  
 Cheeseburger on a Bun  
  
 Taco Bar

**GRAB N' GO**

Made to order deli  
sandwich/hoagie/wraps  
bar daily Options:  
 Turkey & Cheese  
 Ham & Cheese  
 Italian Combo  
 Veggie  
 Tuna Salad  
  
 Fruited Yogurt Parfait  
 w/ Crackers  
  
 Uncrustable w/  
 cheesestick and  
 crackers

# Happy Thanksgiving

If there's a Veteran in your family,  
thank them for their service.

**WHAT MAKES A MEAL?**

You must choose at least 3 of 5 components  
available for the school lunch price.  
 Choice of Meat or Meat Alternate  
 Choice of Vegetable, Choice of Fruit\*  
 Choice of Grain/Bread, and Choice of Milk  
 \*Students must choose at least one fruit or  
 vegetable

**MILK OPTIONS**

Fat Free White, 1% White, Fat Free Chocolate,  
Fat Free Strawberry

**FRUIT & VEGGIE OPTIONS**

Broccoli Florets | Baby Carrots  
 Dark Leafy Greens | Legume Salads  
 Celery & Cucumber  
 \*May choose two 1/2 cup servings  
 Crisp Apple | Sliced Peaches | Mixed Fruit  
 Fresh Orange | Banana | Pineapple Tidbits  
 Diced Pears | Applesauce

\*K-8 may choose up to 1/2 cup serving.  
 9th-12th may choose two 1/2 cup servings

**ALTERNATE MENU OPTIONS**

Daily Bar Special  
 Monday: Popcorn Chicken Bowl w/ sliced bread  
 Tuesday: Burrito Bowl w/ Rice  
 Wednesday: Sweet & spicy Chicken Bowl w/ Rice  
 Thursday: Orange Chicken w/ Rice  
 Friday: Ramen Bowl w/ Dumplings

Daily Salad Special  
 Monday: Chef Salad w/ Ham & Sliced bread or crackers  
 Tuesday: Chef Salad w/ egg & sliced Bread or crackers  
 Wednesday: Chef Salad w/ Turkey & Sliced bread  
 Thursday: Italian Salad w/ sliced bread or crackers  
 Friday: Breaded Chicken Salad w/ sliced Bread