

## 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 -\$2.65 MTL-\$3.00 BLUE-\$3.55

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 TENDER BASKET  
HAMBURGER  
CHEESEBURGER  
CHICKEN PATTY  
FRESH SALAD BAR (UP TO 12 OZ)  
FRESH DELI BAR  
FRESH MADE PIZZA



## CHEFS CUISINE LINE

### WEEK OF OCT 1st - ASIAN BAR

(General Tso's, Veggie low-mein, rice, fresh veg)

### WEEK OF OCT 7th - ITALIAN BAR

(Chicken parm, pasta w/sauce, lasagna and more)

### WEEK OF OCT 14th - FIESTA BAR

(Build your own tacos and burritos)

### WEEK OF OCT 21st - WING BAR

(Chicken Wings with a variety of sauces)

### WK OF OCT 28th - BURGER BAR

(Hamburgers and Turkey burgers w/ toppings)

THIS INSTITUTION IS AN EQUAL  
OPPORTUNITY PROVIDER AND EMPLOYER

MENU SUBJECT  
TO CHANGE

# HIGH SCHOOL MENU OCTOBER 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b> <b>MTL</b> TURKEY & CHEESE CROISSANT  <b>BLUE DEVIL</b> CHEESE STUFFED BREAD STICKS WITH MARINARA SAUCE <b>SIDE ITEMS</b> SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE	<b>1</b> <b>MTL</b> CHICKEN PARM W/GARLIC BREADSTICK <b>BLUE DEVIL</b> SPICY CHICKEN BREAST ON A FRENCH ROLL <b>SIDE ITEMS</b> SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE	<b>2</b> <b>MTL</b> POPCORN CHICKEN w/DINNER ROLL AND WHIPPED POTATOES w/GRAVY <b>BLUE DEVIL</b> BREADSTICKS STUFFED WITH PEPPERONI AND CHEESE <b>SIDE ITEMS</b> SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE	<b>3</b> <b>MTL</b> KOREAN BEEF w/ WHOLE GRAIN RICE <b>BLUE DEVIL</b> NACHO GRANDE <b>SIDE ITEMS</b> SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE	<b>4</b> <b>MTL</b> CHICKEN FAJITA WRAP  <b>BLUE DEVIL</b> BONELESS WINGS W/CELERY STICKS <b>SIDE ITEMS</b> SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE
<b>7</b> <b>MTL</b> BUFFALO CHICKEN SANDWICH  <b>BLUE DEVIL</b> CHEESE STUFFED BREAD STICKS WITH MARINARA SAUCE <b>SIDE ITEMS</b> SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE	<b>8</b> <b>MTL</b> BBQ PULLED PORK SANDWICH  <b>BLUE DEVIL</b> SPICY CHICKEN BREAST ON A FRENCH ROLL <b>SIDE ITEMS</b> SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE	<b>NO SCHOOL</b>   <b>YOM KIPPUR</b>	<b>10</b> <b>MTL</b> HOT ITALIAN HOAGIE  <b>BLUE DEVIL</b> NACHO GRANDE <b>SIDE ITEMS</b> SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE	<b>11</b> <b>MTL</b> PHILLY CHEESE STEAK SANDWICH  <b>BLUE DEVIL</b> BONELESS WINGS W/CELERY STICKS <b>SIDE ITEMS</b> SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE
<b>NO SCHOOL</b>   <b>IN-SERVICE DAY</b>	<b>15</b> <b>MTL</b> PENNE PASTA w/MEATBALLS AND GARLIC TOAST <b>BLUE DEVIL</b> SPICY CHICKEN BREAST ON A FRENCH ROLL <b>SIDE ITEMS</b> SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE	<b>NO LUNCH</b>   <b>ACT 80 DAY</b>	<b>17</b> <b>MTL</b> HAM & CHEESE CROISSANT  <b>BLUE DEVIL</b> NACHO GRANDE <b>SIDE ITEMS</b> SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE	<b>18</b> <b>MTL</b> BBQ CHICKEN GRILLED CHEESE SANDWICH WITH TOMATO SOUP <b>BLUE DEVIL</b> BONELESS WINGS W/CELERY STICKS <b>SIDE ITEMS</b> SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE
<b>21</b> <b>MTL</b> MEATBALL HOAGIE  <b>BLUE DEVIL</b> CHEESE STUFFED BREAD STICKS W/ MARINARA SAUCE <b>SIDE ITEMS</b> SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE	<b>22</b> <b>MTL</b> TOMATO BASIL FLATBREAD  <b>BLUE DEVIL</b> SPICY CHICKEN BREAST ON A FRENCH ROLL <b>SIDE ITEMS</b> SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE	<b>23</b> <b>MTL</b> CHICKEN NUGGETS w/DINNER ROLL AND WHIPPED POTATOES w/GRAVY <b>BLUE DEVIL</b> BREADSTICKS STUFFED WITH PEPPERONI AND CHEESE <b>SIDE ITEMS</b> SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE	<b>24</b> <b>MTL</b> PIEROGIES w/DINNER ROLL  <b>BLUE DEVIL</b> NACHO GRANDE <b>SIDE ITEMS</b> SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE	<b>25</b> <b>MTL</b> PULLED PORK STREET TACOS  <b>BLUE DEVIL</b> BONELESS WINGS W/CELERY STICKS <b>SIDE ITEMS</b> SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE
<b>28</b> <b>MTL</b> SLICED GYRO MEAT ON A PITA BREAD <b>BLUE DEVIL</b> CHEESE STUFFED BREAD STICKS W/ MARINARA SAUCE <b>SIDE ITEMS</b> SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE	<b>29</b> <b>MTL</b> BEEF TACOS w/LETTUCE & CHEESE  <b>BLUE DEVIL</b> SPICY CHICKEN BREAST ON A FRENCH ROLL <b>SIDE ITEMS</b> SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE	<b>30</b> <b>MTL</b> POPCORN CHICKEN w/DINNER ROLL AND WHIPPED POTATOES w/GRAVY <b>BLUE DEVIL</b> BREADSTICKS STUFFED WITH PEPPERONI AND CHEESE <b>SIDE ITEMS</b> SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE	<b>31</b> <b>MTL</b> GENERAL TSO'S CHICKEN OVER WHOLE GRAIN RICE <b>BLUE DEVIL</b> NACHO GRANDE <b>SIDE ITEMS</b> SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE	<b>FOOD SERVICE CONTACT INFO</b> PHONE - 412-344-2014  WEB — <a href="http://mtisd.org/foodservices">mtisd.org/foodservices</a> There you can find menus, nutritional and payment info  NOLEN FETCHKO FOOD SERVICE DIRECTOR <a href="mailto:nfetchko@mtisd.net">nfetchko@mtisd.net</a>  JOHN SABAN ASSISTANT FOOD SERVICE DIRECTOR <a href="mailto:jsaban@mtisd.net">jsaban@mtisd.net</a>  DAVE MISTERKA DISTRICT CHEF <a href="mailto:dmisterka@mtisd.net">dmisterka@mtisd.net</a>