

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 -\$2.70 MTL-\$3.05 BLUE-\$3.60

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 Aug 26th - FIESTA BAR
(Build your own tacos and burritos)

Week of Sep 2nd - UPSCALE SALAD BAR
(Wedge, mixed greens, breadsticks, soup with a variety of toppings and dressings)

Week of Sep 9th - PHO BAR
(Build your own Vietnamese noodle bowl)

Week of Sep 16th BREAKFAST BAR
(Eggs, meats, potatoes, waffles and pancakes)

Week of Sep 23rd - BURGER BAR
(Hamburgers and Turkey burgers w/ toppings)

HIGH SCHOOL MENU SEPTEMBER 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All meals are available at no cost for the entire 2021-22 SY!</p>	<p>If your student is learning remotely and in need of meals, please contact the Food Service Director to coordinate pick up at nfetchko@mtlsd.net!</p>	<p>1 MTL POPCORN CHICKEN w/DINNER ROLL AND WHIPPED POTATOES w/GRAVY BLUE DEVIL BREADSTICKS STUFFED WITH PEPPERONI AND CHEESE SIDE ITEMS SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE</p>	<p>2 MTL HAM & CHEESE CROISSANT BLUE DEVIL NACHO GRANDE SIDE ITEMS SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE</p>	<p>3 MTL  KOREAN BEEF w/ WHOLE GRAIN RICE BLUE DEVIL BONELESS WINGS W/CELERY STICKS SIDE ITEMS SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE</p>
<p>NO SCHOOL</p>  <p>LABOR DAY</p>	<p>7 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</p>	<p>8 MTL CHICKEN NUGGETS w/DINNER ROLL AND WHIPPED POTATOES w/GRAVY BLUE DEVIL BREADSTICKS STUFFED WITH PEPPERONI AND CHEESE SIDE ITEMS SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE</p>	<p>9 MTL PIEROGIES w/DINNER ROLL BLUE DEVIL NACHO GRANDE SIDE ITEMS SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE</p>	<p>10 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</p>
<p>13 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</p>	<p>14 MTL BEEF TACOS w/LETTUCE & CHEESE BLUE DEVIL SPICY CHICKEN BREAST ON A FRENCH ROLL SIDE ITEMS SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE</p>	<p>15 MTL POPCORN CHICKEN w/DINNER ROLL AND WHIPPED POTATOES w/GRAVY BLUE DEVIL BREADSTICKS STUFFED WITH PEPPERONI AND CHEESE SIDE ITEMS SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE</p>	<p>NO SCHOOL</p>  <p>YOM KIPPUR</p>	<p>17 MTL  GRILLED CHICKEN SANDWICH BLUE DEVIL BONELESS WINGS W/CELERY STICKS SIDE ITEMS SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE</p>
<p>20 MTL BBQ RIB SANDWICH BLUE DEVIL CHEESE STUFFED BREAD STICKS W/ MARINARA SAUCE SIDE ITEMS SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE</p>	<p>21 MTL CHICKEN LO MEIN w/EGG ROLL BLUE DEVIL SPICY CHICKEN BREAST ON A FRENCH ROLL SIDE ITEMS SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE</p>	<p>22 MTL CHICKEN NUGGETS w/DINNER ROLL AND WHIPPED POTATOES w/GRAVY BLUE DEVIL BREADSTICKS STUFFED WITH PEPPERONI AND CHEESE SIDE ITEMS SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE</p>	<p>23 MTL BAKED RIGATONI w/GARLIC TOAST BLUE DEVIL NACHO GRANDE SIDE ITEMS SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE</p>	<p>24 MTL  CHICKEN STIR-FRY w/WHOLE GRAIN RICE BLUE DEVIL BONELESS WINGS W/CELERY STICKS SIDE ITEMS SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE</p>
<p>27 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</p>	<p>28 MTL CHICKEN PARM w/GARLIC BREADSTICK BLUE DEVIL SPICY CHICKEN BREAST ON A FRENCH ROLL SIDE ITEMS SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE</p>	<p>29 MTL POPCORN CHICKEN w/DINNER ROLL AND WHIPPED POTATOES w/GRAVY BLUE DEVIL BREADSTICKS STUFFED WITH PEPPERONI AND CHEESE SIDE ITEMS SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE</p>	<p>30 MTL KOREAN BEEF w/ WHOLE GRAIN RICE BLUE DEVIL NACHO GRANDE SIDE ITEMS SEASONED VEGETABLES ASSORTED SALAD CHOICE ASSORTED FRUIT CHOICE ASSORTED MILK CHOICE</p>	<p>FOOD SERVICE CONTACT INFO PHONE - 412-344-2014 WEB - mtlsd.org/foodservices NOLEN FETCHKO FOOD SERVICE DIRECTOR nfetchko@mtlsd.net JOHN SABAN ASSISTANT FOOD SERVICE DIRECTOR jsaban@mtlsd.net DAVE MISTERKA DISTRICT CHEF dmisterka@mtlsd.net *Here you can find menus, nutritional and payment info</p>