

## STUDENT LUNCH MEAL INCLUDES

- ENTREE
- UNLIMITED VEGETABLES
- UNLIMITED FRUIT
- BREAD / GRAIN
- CHOICE OF MILK



Choose MyPlate.gov

**NOTE:** All meals **MUST** include a fruit or a vegetable

### STUDENT MEAL PRICES:

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

REDUCED PRICE: \$0.40

ADULTS - ALA CARTE PRICING

**PA Preferred** 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



### MENU SUBJECT TO CHANGE

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

## MIDDLE SCHOOL MENU NOVEMBER 2019



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

#### FOOD SERVICE CONTACT INFO

PHONE - 412-344-2014  
WEB - mtlisd.org/foodservices  
There you can find menus, nutritional and payment info

NOLEN FETCHKO  
FOOD SERVICE DIRECTOR  
nfetchko@mtlisd.net

JOHN SABAN  
ASSISTANT FOOD SERVICE DIRECTOR  
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DAVE MISTERKA  
DISTRICT CHEF  
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**4** **MTL**  
BUFFALO CHICKEN SANDWICH  
  
**BLUE DEVIL**  
PEPPERONI & CHEESE STUFFED BREAD STICKS  
**SIDE ITEMS**  
CURLY FRIES  
GREEN BEANS  
UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT  
ASSORTED MILK CHOICE

### NO SCHOOL



### ELECTION DAY

**6** **MTL**  
CHICKEN NUGGETS w/DINNER ROLL  
  
**BLUE DEVIL**  
FRESH MADE PIZZA  
  
**SIDE ITEMS**  
OVEN BAKED FRENCH FRIES  
CARROT COINS  
UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT  
ASSORTED MILK CHOICE

**7** **MTL**  
LEBO CHICKEN CRUNCH  
  
**BLUE DEVIL**  
CHIPOTLE FLATBREAD  
  
**SIDE ITEMS**  
EGG NOODLES  
STEAMED BROCCOLI  
UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT  
ASSORTED MILK CHOICE

**1** **MTL**  
CHICKEN PARM  
w/GARLIC BREADSTICKS  
**BLUE DEVIL**  
BONELESS WINGS  
w/ CELERY STICKS  
**SIDE ITEMS**  
TATER TOTS  
MIXED VEGETABLES  
UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT  
ASSORTED MILK CHOICE

**11** **MTL**  
CAJUN CHICKEN SUB  
  
**BLUE DEVIL**  
PEPPERONI & CHEESE STUFFED BREAD STICKS  
**SIDE ITEMS**  
ROASTED POTATOES  
STEAMED BROCCOLI  
UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT  
ASSORTED MILK CHOICE

**12** **MTL**  
PENNE PASTA w/MEATBALLS AND GARLIC TOAST  
**BLUE DEVIL**  
SPICY CHICKEN BREAST ON A FRENCH ROLL  
**SIDE ITEMS**  
WHIPPED POTATOES w/GRavy  
GOLDEN CORN  
UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT  
ASSORTED MILK CHOICE

**13** **MTL**  
POPCORN CHICKEN w/BREADSTICK  
  
**BLUE DEVIL**  
FRESH MADE PIZZA  
  
**SIDE ITEMS**  
OVEN BAKED FRENCH FRIES  
CARROT COINS  
UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT  
ASSORTED MILK CHOICE

**14** **MTL**  
BAKED LASAGNA w/GARLIC TOAST  
  
**BLUE DEVIL**  
HOME MADE STROMBOLI  
**SIDE ITEMS**  
CRINKLE CUT FRIES  
SWEET PEAS  
UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT  
ASSORTED MILK CHOICE

**15** **MTL**  
CHICKEN QUESADILLA  
  
**BLUE DEVIL**  
BONELESS WINGS  
w/ CELERY STICKS  
**SIDE ITEMS**  
CURLY FRIES  
MIXED VEGETABLES  
UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT  
ASSORTED MILK CHOICE

**18** **MTL**  
BBQ RIB SANDWICH  
  
**BLUE DEVIL**  
PEPPERONI & CHEESE STUFFED BREAD STICKS  
**SIDE ITEMS**  
WAFFLE FRIES  
GREEN BEANS  
UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT  
ASSORTED MILK CHOICE

**19** **MTL**  
SWEET SESAME CHICKEN STIR FRY OVER RICE  
**BLUE DEVIL**  
SPICY CHICKEN BREAST ON A FRENCH ROLL  
**SIDE ITEMS**  
WHIPPED POTATOES w/GRavy  
GOLDEN CORN  
UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT  
ASSORTED MILK CHOICE

**20** **MTL**  
CHICKEN NUGGETS w/DINNER ROLL  
  
**BLUE DEVIL**  
FRESH MADE PIZZA  
  
**SIDE ITEMS**  
OVEN BAKED FRENCH FRIES  
CARROT COINS  
UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT  
ASSORTED MILK CHOICE

**21** **THANKSGIVING FEAST**  
**MTL**  
ROASTED TURKEY WITH BREADSTUFFING AND CRANBERRY SAUCE  
**SIDE ITEMS**  
WHIPPED POTATOES / GRavy  
GOLDEN CORN  
UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT  
ASSORTED MILK CHOICE

**22** **MTL**  
PENNE PASTA w/MEATBALLS AND GARLIC TOAST  
**BLUE DEVIL**  
BONELESS WINGS  
w/ CELERY STICKS  
**SIDE ITEMS**  
TATER TOTS  
MIXED VEGETABLES  
UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT  
ASSORTED MILK CHOICE

**25** **MTL**  
FRENCH BREAD PIZZA  
  
**BLUE DEVIL**  
BREAD STICKS STUFFED WITH CHEESE & PEPPERONI  
**SIDE ITEMS**  
WAFFLE FRIES  
GREEN BEANS  
UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT  
ASSORTED MILK CHOICE

**26** **MTL**  
TACO LASAGNA  
  
**BLUE DEVIL**  
SPICY CHICKEN BREAST ON A FRENCH ROLL  
**SIDE ITEMS**  
WHIPPED POTATOES w/GRavy  
GOLDEN CORN  
UNLIMITED SIDES OF FRESH VEGETABLES AND FRUIT  
ASSORTED MILK CHOICE

### NOON DISMISSAL



NO LUNCH TODAY

### NO SCHOOL



THANKSGIVING BREAK