### STUDENT LUNCH MEAL INCLUDES

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

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

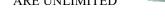
### STUDENT MEAL PRICES:

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

REDUCED PRICE: \$0.40 ADULTS - ALA CARTE PRICING



## MALL FRUIT AND VEGGIES ARE UNLIMITED



## **DAILY FRUIT CHOICES** 1/2 cup ASSORTED CANNED FRUIT

- ½ cup ASSORTED FRESH FRUIT
- 1/4 cup DRIED FRUIT

## DAILY VEGETABLE CHOICES

- ½ cup ASSORTED FRESH VEGETABLES
- 1/2 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



Mt

## **MIDDLE SCHOOL MENU NOVEMBER 2019**

**WEDNESDAY** 







## **MONDAY**

FOOD SERVICE CONTACT INFO PHONE - 412-344-2014 WEB - mtlsd.org/foodservices There you can find menus, nutritional and

NOLEN FETCHKO FOOD SEVICE DIRECTOR

JOHN SABAN ASSISTANT FOOD SERVICE DIRECTOR

DAVE MISTERKA DISTRICT CHEF





**CHICKEN PARM** w/GARLIC BREADSTICKS **BLUE DEVIL** 

**FRIDAY** 

**BONELESS WINGS** W/ CELERY STICKS SIDE ITEMS

TATER TOTS MIXED VEGETABLES **UNLIMITED SIDES OF** FRESH VEGETABLES AND FRUIT

ASSORTED MILK CHOICE

11

18

25

**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

**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

**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

FRENCH BREAD PIZZA

## **NO SCHOOL**

**TUESDAY** 



**ELECTION DAY** 

### SIDE ITEMS **OVEN BAKED FRENCH FRIES**

**CARROT COINS UNLIMITED SIDES OF** FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE

POPCORN CHICKEN W/BREADSTICK

**BLUE DEVIL** 

MTL

CHICKEN NUGGETS w/DINNER ROLL

**BLUE DEVIL** 

FRESH MADE PIZZA

## LEBO CHICKEN CRUNCH

**BLUE DEVIL** CHIPOTLE FLATBREAD

**THURSDAY** 

### SIDE ITEMS

**EGG NOODLES** STEAMED BROCCOLI **UNLIMITED SIDES OF** FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE

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

## **TURKEY & CHEESE CROISSANT**

### **BLUE DEVIL**

**BONELESS WINGS** W/ CELERY STICKS

SIDE ITEMS TATER TOTS

MIXED VEGETABLES **UNLIMITED SIDES OF** FRESH VEGETABLES AND FRUIT ASSORTED MILK CHOICE

PENNE PASTA W/MEATBALLS AND GARLIC TOAST

12

19

**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

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

MTL

# FRESH MADE PIZZA

SIDE ITEMS OVEN BAKED FRENCH FRIES **CARROT COINS UNLIMITED SIDES OF** FRESH VEGETABLES AND FRUIT

## ASSORTED MILK CHOICE

20 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

### 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

15

22

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

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

# NOON DISMISSAL



## NO SCHOOL



THANKSGIVING BREAK

### **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

**BLUE DEVIL** 

ON A FRENCH ROLL

WHIPPED POTATOES W/GRAVY **GOLDEN CORN UNLIMITED SIDES OF** FRESH VEGETABLES AND FRUIT

## TACO LASAGNA

SPICY CHICKEN BREAST SIDE ITEMS

ASSORTED MILK CHOICE