

## 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 DECEMBER 2nd - ITALIAN BAR  
(Chicken parm, pasta w/sauce, lasagna and more)

WK OF DECEMBER 9th - WING BAR  
(Chicken Wings with a variety of sauces)

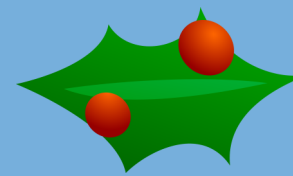
WK OF DECEMBER 16th - BURGER BAR  
(Hamburgers and Turkey burgers w/ toppings)

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

MENU SUBJECT TO CHANGE

## HIGH SCHOOL MENU DECEMBER 2019

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|--|--|---|--|
| <b>2</b><br><b>MTL</b><br>MEATBALL HOAGIE<br><b>BLUE DEVIL</b><br>CHEESE STUFFED BREAD STICKS W/ MARINARA SAUCE<br><b>SIDE ITEMS</b><br>SEASONED VEGETABLES<br>ASSORTED SALAD CHOICE<br>ASSORTED FRUIT CHOICE<br>ASSORTED MILK CHOICE                  | <b>3</b><br><b>MTL</b><br>TOMATO BASIL FLATBREAD<br><b>BLUE DEVIL</b><br>SPICY CHICKEN BREAST ON A FRENCH ROLL<br><b>SIDE ITEMS</b><br>SEASONED VEGETABLES<br>ASSORTED SALAD CHOICE<br>ASSORTED FRUIT CHOICE<br>ASSORTED MILK CHOICE         | <b>4</b><br><b>MTL</b><br>CHICKEN NUGGETS w/DINNER ROLL AND WHIPPED POTATOES w/GRAVY<br><b>BLUE DEVIL</b><br>PEPPERONI & CHEESE STUFFED BREAD STICK<br><b>SIDE ITEMS</b><br>SEASONED VEGETABLES<br>ASSORTED SALAD CHOICE<br>ASSORTED FRUIT CHOICE<br>ASSORTED MILK CHOICE  | <b>5</b><br><b>MTL</b><br>PIEROGIES w/DINNER ROLL<br><b>BLUE DEVIL</b><br>NACHO GRANDE<br><b>SIDE ITEMS</b><br>SEASONED VEGETABLES<br>ASSORTED SALAD CHOICE<br>ASSORTED FRUIT CHOICE<br>ASSORTED MILK CHOICE                      | <b>6</b><br><b>MTL</b><br>KOREAN BEEF OVER BROWN RICE<br><b>BLUE DEVIL</b><br>BONELESS WINGS W/CELERY STICKS<br><b>SIDE ITEMS</b><br>SEASONED VEGETABLES<br>ASSORTED SALAD CHOICE<br>ASSORTED FRUIT CHOICE<br>ASSORTED MILK CHOICE |
| <b>9</b><br><b>MTL</b><br>SLICED GYRO MEAT ON A PITA BREAD<br><b>BLUE DEVIL</b><br>CHEESE STUFFED BREAD STICKS W/ MARINARA SAUCE<br><b>SIDE ITEMS</b><br>SEASONED VEGETABLES<br>ASSORTED SALAD CHOICE<br>ASSORTED FRUIT CHOICE<br>ASSORTED MILK CHOICE | <b>10</b><br><b>MTL</b><br>BEEF TACOS w/LETTUCE & CHEESE<br><b>BLUE DEVIL</b><br>SPICY CHICKEN BREAST ON A FRENCH ROLL<br><b>SIDE ITEMS</b><br>SEASONED VEGETABLES<br>ASSORTED SALAD CHOICE<br>ASSORTED FRUIT CHOICE<br>ASSORTED MILK CHOICE | <b>11</b><br><b>MTL</b><br>POPCORN CHICKEN w/DINNER ROLL AND WHIPPED POTATOES w/GRAVY<br><b>BLUE DEVIL</b><br>PEPPERONI & CHEESE STUFFED BREAD STICK<br><b>SIDE ITEMS</b><br>SEASONED VEGETABLES<br>ASSORTED SALAD CHOICE<br>ASSORTED FRUIT CHOICE<br>ASSORTED MILK CHOICE | <b>12</b><br><b>MTL</b><br>GENERAL TSO'S CHICKEN OVER WHOLE GRAIN RICE<br><b>BLUE DEVIL</b><br>NACHO GRANDE<br><b>SIDE ITEMS</b><br>SEASONED VEGETABLES<br>ASSORTED SALAD CHOICE<br>ASSORTED FRUIT CHOICE<br>ASSORTED MILK CHOICE | <b>13</b><br><b>MTL</b><br>PULLED PORK STREET TACOS<br><b>BLUE DEVIL</b><br>BONELESS WINGS W/CELERY STICKS<br><b>SIDE ITEMS</b><br>SEASONED VEGETABLES<br>ASSORTED SALAD CHOICE<br>ASSORTED FRUIT CHOICE<br>ASSORTED MILK CHOICE   |
| <b>16</b><br><b>MTL</b><br>BBQ RIB SANDWICH<br><b>BLUE DEVIL</b><br>CHEESE STUFFED BREAD STICKS W/ MARINARA SAUCE<br><b>SIDE ITEMS</b><br>SEASONED VEGETABLES<br>ASSORTED SALAD CHOICE<br>ASSORTED FRUIT CHOICE<br>ASSORTED MILK CHOICE                | <b>17</b><br><b>MTL</b><br>CHICKEN LOW-MEIN w/EGG ROLL<br><b>BLUE DEVIL</b><br>SPICY CHICKEN BREAST ON A FRENCH ROLL<br><b>SIDE ITEMS</b><br>SEASONED VEGETABLES<br>ASSORTED SALAD CHOICE<br>ASSORTED FRUIT CHOICE<br>ASSORTED MILK CHOICE   | <b>18</b><br><b>MTL</b><br>CHICKEN NUGGETS w/DINNER ROLL AND WHIPPED POTATOES w/GRAVY<br><b>BLUE DEVIL</b><br>PEPPERONI & CHEESE STUFFED BREAD STICK<br><b>SIDE ITEMS</b><br>SEASONED VEGETABLES<br>ASSORTED SALAD CHOICE<br>ASSORTED FRUIT CHOICE<br>ASSORTED MILK CHOICE | <b>19</b><br><b>MTL</b><br>BAKED RIGATONI w/GARLIC TOAST<br><b>BLUE DEVIL</b><br>NACHO GRANDE<br><b>SIDE ITEMS</b><br>SEASONED VEGETABLES<br>ASSORTED SALAD CHOICE<br>ASSORTED FRUIT CHOICE<br>ASSORTED MILK CHOICE               | <b>20</b><br><b>MTL</b><br>GRILLED CHICKEN SANDWICH<br><b>BLUE DEVIL</b><br>BONELESS WINGS W/CELERY STICKS<br><b>SIDE ITEMS</b><br>SEASONED VEGETABLES<br>ASSORTED SALAD CHOICE<br>ASSORTED FRUIT CHOICE<br>ASSORTED MILK CHOICE   |



### FOOD SERVICE CONTACT INFO

PHONE - 412-344-2014  
WEB - [mtlsd.org/foodservices](http://mtlsd.org/foodservices)

There you can find menus, nutritional and payment info

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Happy Holidays!

### Food Service Department Mission Statement

The mission of the food service department is to promote good nutrition by providing quality meals while maintaining the highest level of customer satisfaction.