



February 2024

FT. COUCH MIDDLE SCHOOL

LUNCH MENU

Grill

MON: Chicken Nuggets w/ WG Roll

TUES: Regular & Spicy Chicken Patty

WED: Corn Dog

Thurs: Hamburger or Cheeseburger

FRI: Chicken Tenders

*Pizza

MON: Cheese or Pepperoni

TUES: Sausage Pizza

WED: Cheese or Pepperoni

THURS: Bosco Sticks

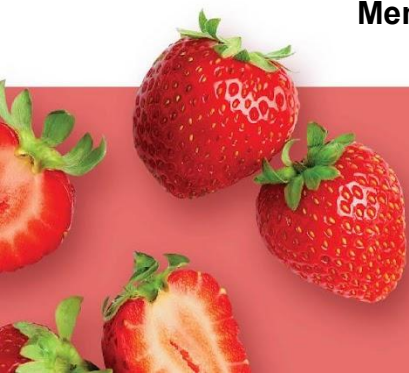
FRI: Cheese or Pepperoni

All Lunches **Must** Include Choice of: Fruits and/or Vegetable And May Include: 1% Low-Fat Milk

Free Cookie Every Friday w/ the Purchase of a Meal

MON	TUES	WED	THURS	FRI
We Are Hiring! Please Apply at: https://uscscd.tedk12.com/hire/ViewJob.aspx?JobID=2558 Any questions? Contact HR@uscscd.k12.pa.us or Call Gwen at 412-833-1600 EXT.2258			1 *General Tso's Chicken w/ Rice Seasoned Broccoli, Cucumber Slices, Tater Tots, Fresh Clementines	2 *Mm! Mm! Pizza Seasoned Green Beans, Cucumber Slices, French Fries, Diced Peaches
5 *BBQ Bacon Cheeseburger Seasoned Corn, Grape Tomatoes, Waffle Fries, Diced Pears	6 *2 Beef Soft Tacos Refried Beans, Grape Tomatoes, Tater Tots, Diced Peaches	7 *Ham & Cheese Pretzel Melt Seasoned Carrots, Grape Tomatoes, Curly Fries, Diced Pears	8 French Toast Sticks w/ Sausage Patty Hash Brown, Grape Tomatoes, Fresh Cut Oranges	9 *Mm! Mm! Pizza Seasoned Green Beans, Grape Tomatoes, French Fries, Diced Pears
12 *Meatball Sub Seasoned Broccoli, Celery Sticks, Waffle Fries, Pineapple Tidbits	13 *Walking Taco Refried Beans, Celery Sticks, Tater Tots, Mandarin Oranges	14 *Grilled Cheese & Tomato Soup Seasoned Carrots, Celery Sticks, Curly Fries, Pineapple Tidbits	15 Mini Waffles w/ Sausage Patty Celery Sticks, Hash Brown, Fresh Grapes	16 *Mm! Mm! Pizza Seasoned Green Beans, Celery Sticks, French Fries, Mandarin Oranges
19 TEACHER INSERVICE NO SCHOOL	20 *Pulled Pork Nachos Refried Beans, Bell Pepper Slices, Tater Tots, Diced Pears	21 *Pepperoni Roll w/ Sauce Seasoned Carrots, Bell Pepper Slices, Curly Fries, Diced Peaches	22 *Orange Chicken Chicken w/ Rice Seasoned Broccoli, Bell Pepper Slices, Tater Tots, Fresh Strawberries	23 *Mm! Mm! Pizza Seasoned Green Beans, Bell Pepper Slices, French Fries, Diced Peaches
26 *Rotini & Meatballs w/ Sauce Seasoned Broccoli, Broccoli Florets, Waffle Fries, Pineapple Tidbits	27 *Homemade Mac N' Cheese Seasoned Corn, Broccoli Florets, Tater Tots, Mandarin Oranges	28 *Boneless Wing Bar Baked Beans, Broccoli Florets, Curly Fries, Pineapple Tidbits	29 *Breakfast Sandwich Hash Brown, Broccoli Florets, Fresh Grapes	

Menus are subject to change.



Daily Offerings

*MTO Deli & Salad Bar, Sunbutter & Jelly Sandwich, Pepperoni Roll Kit, Ham or Turkey & Cheese Wrap, Hummus Kit
 Fruit & Yogurt Parfaits.
 Apple Slices, Bananas, Baby Carrots. Apple Juice & Fruit Punch

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 STUDENT NUTRITION

This institution is an equal opportunity provider.