



# May 2023

## FT. COUCH MIDDLE SCHOOL

### LUNCH MENU

#### Grill

MON: Chicken Nuggets w/ WG Roll

TUES: Regular & Spicy Chicken Patty

WED: Hamburger or Cheeseburger

Thurs: Corn Dog

FRI: Chicken Tenders

#### \*Pizza

MON: Personal Pizza

TUES: Sausage Pizza

WED: Personal Pizza

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
<p><b>1</b></p> <p>*Orange Chicken w/ Rice Seasoned Broccoli, Grape Tomatoes, Waffle Fries, Sliced Peaches</p>	<p><b>2</b></p> <p>*Homemade Mac N' Cheese Baked Beans, Grape Tomatoes, Tater Tots, Diced Pears</p>	<p><b>3</b></p> <p>*Boneless Wing Bar Seasoned Corn, Grape Tomatoes, Curly Fries, Sliced Peaches</p>	<p><b>4</b></p> <p>French Toast Sticks w/ Sausage Patty Hash Brown, Grape Tomatoes, Fresh Cut Oranges</p>	<p><b>5</b></p> <p>*Mm! Mm! Pizza Seasoned Green Beans, Grape Tomatoes, French Fries, Diced Pears</p>
<p><b>8</b></p> <p>*Premium Chicken Sandwich Baked Beans, Celery Sticks, Waffle Fries, Pineapple Tidbits</p>	<p><b>9</b></p> <p>*Rotini &amp; Meatballs w/ Sauce Seasoned Broccoli, Celery Sticks, Tater Tots, Mandarin Oranges</p>	<p><b>10</b></p> <p>*Ham &amp; Cheese Pretzel Melt Seasoned Corn, Celery Sticks, Curly Fries, Pineapple Tidbits</p>	<p><b>11</b></p> <p>*General Tso's Chicken w/ Rice Seasoned Broccoli, Celery Sticks, Tater Tots, Fresh Grapes</p>	<p><b>12</b></p> <p>*Mm! Mm! Pizza Seasoned Green Beans, Celery Sticks, French Fries, Mandarin Oranges</p>
<p><b>15</b></p> <p>*Chicken Quesadilla Refried Beans, Bell Pepper Slices, Waffle Fries, Diced Pears</p>	<p><b>16</b></p> <p>*Walking Taco Seasoned Corn, Bell Pepper Slices, Tater Tots, Sliced Peaches</p>	<p><b>17</b></p> <p>*Pepperoni Roll w/ Sauce Seasoned Broccoli, Bell Pepper Slices, Curly Fries, Diced Pears</p>	<p><b>18</b></p> <p>Mini Waffles w/ Sausage Patty Bell Pepper Slices, Hash Brown, Fresh Strawberries</p>	<p><b>19</b></p> <p>*Mm! Mm! Pizza Seasoned Green Beans, Bell Pepper Slices, French Fries, Sliced Peaches</p>
<p><b>22</b></p> <p>*BBQ Bacon Cheeseburger Seasoned Corn, Broccoli Florets, Waffle Fries, Pineapple Tidbits</p>	<p><b>23</b></p> <p>*2 Soft Shell Beef Tacos Refried Beans, Broccoli Florets, Tater Tots, Mandarin Oranges</p>	<p><b>24</b></p> <p>Grilled Cheese &amp; Tomato Soup Seasoned Broccoli, Broccoli Florets, Curly Fries, Pineapple Tidbits</p>	<p><b>25</b></p> <p>*Pancakes w/ Sausage Patty Broccoli Florets, Hash Brown, Fresh Cut Oranges</p>	<p><b>26</b></p> <p>*Mm! Mm! Pizza Seasoned Green Beans, Broccoli Florets, French Fries, Mandarin Oranges</p>
<p><b>29</b></p> <p><b>MEMORIAL DAY NO SCHOOL</b></p>	<p><b>30</b></p> <p>*Nachos w/ Beef &amp; Cheese Refried Beans, Cucumber Slices, Tater Tots, Sliced Peaches</p>	<p><b>31</b></p> <p>*Pepperoni Roll w/ Sauce Seasoned Corn, Cucumber Slices, Curly Fries, Diced Pears</p>		

Menus are subject to change.



#### Daily Offerings

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



This institution is an equal opportunity providers