



Fort Couch Middle School Lunch Menu

August 2019

Prices

Reduced: \$0.40
 Regular: \$2.90
 **Premium: \$3.50

WE'RE HIRING!

Call Rose at
 412-833-1600
 Ext. 2258 for more
 information

Free Carnival
 Cookie every
 Wednesday with
 the purchase of a
 Lunch Meal!

26

WELCOME BACK!

Chicken Quesadilla

Seasoned Corn, Fresh
 Broccoli, Waffle Fries

Fresh Strawberries

27

**Bosco Sticks w/Sauce

Baked Beans, Fresh
 Broccoli, Tater Tots

Fresh Strawberries

28

**Boneless Wing Bar w/Assorted Sauces

Seasoned Broccoli, Fresh
 Broccoli, French Fries

Fresh Strawberries

29

Grilled Cheese Sandwich & Tomato Soup

Tater Tots, Fresh Broccoli

Fresh Strawberries

30

**MmMm! Cheese or Pepperoni Pizza

Seasoned Green Beans,
 Fresh Broccoli, French
 Fries

Fresh Strawberries

GRILL

Mon: Chicken Nuggets
 Tues: Regular & Spicy Chicken
 Patty
 Wed: Hamburger & Cheeseburger
 Thurs: Chicken Nuggets
 Fri: Regular & Spicy Chicken Patty

PIZZA

Mon: Personal Deep Dish
 Tues: Cheese or Pepperoni
 Wed: Personal Deep Dish
 Thurs: Mexican Fiestada
 Fri: **Mm!Mm! Cheese or
 Pepperoni

Daily Offerings

**MTO Deli & Salad Bar

Apple Slices, Bananas; Apple & Fruit Punch Juice; Baby Carrots;
 Sun butter & Jelly Sandwich; Flatbread Pizza Kit; Ham & Cheese Wrap; Turkey
 & Cheese Warp; Fruit & Yogurt Parfaits

MILK

1% White; Fat Free Chocolate. Vanilla & Strawberry

This institution is an equal opportunity provider.

