



Fort Couch Middle School Lunch Menu

September 2019

2

LABOR DAY

NO SCHOOL

3

****Walking Taco**

Baked Beans, Celery Sticks, Tater Tots

Fresh Watermelon

4

****Pepperoni Roll w/Sauce**

Steamed Broccoli, Celery Sticks, French Fries

Fresh Watermelon

5

French Toast Sticks w/Sausage Patty

Hash browns, Celery Sticks, Tater Tots

Fresh Watermelon

6

National Cheese Pizza Day

****Mm!Mm! Cheese or Pepperoni Pizza**

Seasoned Green Beans, Celery Sticks, French Fries

Fresh Watermelon

9

Popcorn Chicken Bowl

Seasoned Corn, Bell Pepper Slices, Waffle Fries

Fresh Grapes

10

 ****Walking Taco**

Baked Beans, Bell Pepper Slices, Tater Tots

Fresh Grapes

11

 **Cheese Pizza Bagel**

Steamed Broccoli, Bell Pepper Slices, French Fries

Fresh Grapes

12

 **French Toast Sticks w/Sausage Patty**

Hash browns, Bell Pepper Slices, Tater Tots

Fresh Grapes

13

****Mm!Mm! Cheese or Pepperoni Pizza**

Seasoned Green Beans, Bell Pepper Slices, French Fries

Fresh Grapes

16

Rotini & Meatballs w/Marinara Sauce

Seasoned Corn, Grape Tomatoes, Waffle Fries

Fresh Kiwis

17

****Bosco Sticks w/Sauce**

Baked Beans, Grape Tomatoes, Tater Tots

Fresh Kiwis

18

National Cheeseburger Day

Buffalo Chicken Grilled Cheese Sandwich

Steamed Broccoli, Grape Tomatoes, French Fries

Fresh Kiwis

19

Grilled Cheese & Tomato Soup

Tater Tots, Grape Tomatoes

Fresh Kiwis

20

****Mm!Mm! Cheese or Pepperoni Pizza**

Seasoned Green Beans, Grape Tomatoes, French Fries

Fresh Grapes

23

****Premium Breaded Chicken Sandwich**

Seasoned Corn, Cucumber Slices, Waffle Fries

Clementines

24

****Walking Taco**

Baked Beans, Cucumber Slices, Tater Tots

Clementines

25

****Pepperoni Roll w/Sauce**

Steamed Broccoli, Cucumber Slice

Clementines

26

French Toast Sticks w/Sausage Patty

Hash browns, Cucumber Slices, Tater Tots

Clementines

27

****Mm!Mm! Cheese or Pepperoni Pizza**

Seasoned Green Beans, Cucumber Slices, French Fries

Clementines

30

Chicken Quesadilla

Seasoned Corn, Fresh Broccoli, Waffle Fries

Fresh Strawberries

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

 **Spicy Popcorn Chicken w/Sweet Potato Tots & BBQ Creme**

Prices

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

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.

