



Fort Couch Middle School Lunch Menu

June 2022

Prices

Universal Free for All Students!

Must Take a Fruit and/or Vegetable!

1

****Grilled Cheese & Tomato Soup**

Seasoned Broccoli, Celery Sticks, Curly Fries

Diced Peaches

2

French Toast Sticks w/ Sausage Patty

Hashbrown, Celery Sticks

Fresh Cut Oranges

3

****Mm! Mm! Pizza**

Seasoned Green Beans, Celery Sticks, French Fries

Mandarin Oranges

6

****Premium Chicken Sandwich**

Baked Beans, Cucumber Slices, Waffle Fries

Mandarin Oranges

7

****Nachos w/ Beed & Cheese**

Seasoned Corn, Cucumber Slices, Tater Tots

Diced Peaches

8

****Italian Hoagie**

Seasoned Broccoli, Cucumber Slices, Curly Fries

Mandarin Oranges

9

Bag Lunch To-Go

Pepperoni Roll, Fruit Juice, and Baby Carrots

Second Option
Sunbutter & Jelly

Have A Great Summer!

GRILL

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

**PIZZA

- Mon:** personal Deep Dish
- Tues:** Cheese or Pepperoni
- Wed:** Personal Deep Dish
- Thurs:** Bosco Pizza Sticks
- Fri:** Cheese or Pepperoni

Daily Offerings

**MTO Deli & Salad Bar, Sun butter & Jelly Sandwich, Flatbread Pizza Kit, Ham & Cheese Wrap, Turkey & Cheese Warp, Fruit & Yogurt Parfaits

Fruits & Veggies: Apple Slices, Bananas; Apple & Fruit Punch Juice; Baby Carrots.

MILK

1% White; Fat Free Chocolate, Vanilla & Strawberry