



Fort Couch Middle School Lunch Menu

May 2022

<p>2</p> <p>**Rotini & Meatballs w/ Marinara Sauce</p> <p>Seasoned Broccoli, Grape Tomatoes, Waffle Fries</p> <p>Diced Peaches</p>	<p>3</p> <p>**Nachos w/ Beef & Cheese</p> <p>Seasoned Corn, Grape Tomatoes, Tater Tots</p> <p>Diced Pears</p>	<p>4</p> <p>**Grilled Cheese w/ Tomato Soup</p> <p>Baked Beans, Grape Tomatoes, Curly Fries</p> <p>Diced Peaches</p>	<p>5</p> <p>Mini Pancakes w/ Sausage Patty</p> <p>Hash Brown, Grape Tomatoes</p> <p>Fresh Cut Oranges</p>	<p>6</p> <p>**Mm! Mm! Pizza</p> <p>Seasoned Green Beans, Grape Tomatoes, French Fries</p> <p>Diced Pears</p>
<p>9</p> <p>**Premium Breaded Chicken Sandwich</p> <p>Baked Beans, Cucumber Slices, Waffle Fries</p> <p>Mandarin Oranges</p>	<p>10</p> <p>**Homemade Mac N Cheese</p> <p>Seasoned Broccoli, Cucumber Slices, Tater Tots</p> <p>Pineapple Tidbits</p>	<p>11</p> <p>**Pepperoni Roll w/ Sauce</p> <p>Seasoned Corn, Cucumber Slices, Curly Fries</p> <p>Mandarin Oranges</p>	<p>12</p> <p>French Toast Sticks w/ Sausage Patty</p> <p>Hash Brown, Cucumber Slices</p> <p>Fresh Grapes</p>	<p>13</p> <p>**Mm! Mm! Pizza</p> <p>Seasoned Green Beans, Cucumber Slices, French Fries</p> <p>Pineapple Tidbits</p>
<p>16</p> <p>**Grilled Cheese & Tomato Soup</p> <p>Baked Beans, Bell Pepper Slices, Waffle Fries</p> <p>Diced Pears</p>	<p>17</p> <p>**Italian Hoagie</p> <p>Seasoned Corn, Bell Pepper Slices, Tater Tots</p> <p>Diced Peaches</p>	<p>18</p> <p>**Boneless Wing Bar w/ Assorted Sauces</p> <p>Seasoned Broccoli, Bell Pepper Slices, Curly Fries</p> <p>Diced Peaches</p>	<p>19</p> <p>**Steak Quesadilla</p> <p>Bell Pepper Slices, Tater Tots</p> <p>Fresh Strawberries</p>	<p>20</p> <p>**Mm! Mm! Pizza</p> <p>Seasoned Green Beans, Bell Pepper Slices, French Fries</p> <p>Diced Peaches</p>
<p>23</p> <p>**Bacon Cheeseburger</p> <p>Baked Beans, Broccoli Florets, Waffle Fries</p> <p>Pineapple Tidbits</p>	<p>24</p> <p>**2 Soft Shell Beef Tacos</p> <p>Seasoned Corn, Broccoli Florets, Tater Tots</p> <p>Mandarin Oranges</p>	<p>25</p> <p>**Pepperoni Roll w/ Sauce</p> <p>Seasoned Broccoli, Broccoli Florets, Curly Fries</p> <p>Pineapple Tidbits</p>	<p>26</p> <p>French Toast Sticks w/ Sausage Patty</p> <p>Hash Brown, Broccoli Florets</p> <p>Fresh Cut Oranges</p>	<p>27</p> <p>**Mm! Mm! Pizza</p> <p>Seasoned Green Beans, Broccoli Florets, French Fries</p> <p>Mandarin Oranges</p>
<p>30</p> <p>MEMORIAL DAY</p> <p>NO SCHOOL</p>	<p>31</p> <p>**Walking Taco</p> <p>Seasoned Corn, Celery Sticks, Tater Tots</p> <p>Mandarin Oranges</p>			<p><u>We're Hiring!</u></p> <p>Please call Rose Ogden @ 412-833-1600 Ext. 2258</p>

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