



October 2026

FT. COUCH MIDDLE SCHOOL

LUNCH MENU

Grill

MON: Regular & Spicy Chicken Patty

TUES: Hamburger or Cheeseburger

WED: Chicken Nuggets

Thurs: Bosco Sticks

FRI: Chicken Tenders

Pizza

MON: Sausage Pizza

TUES: French Bread Pizza

WED: Cheese or Pepperoni

THURS: Bosco Sticks

FRI: Mm! Mm! Pizza

All Lunches Must Include
Choice of:
Fruits and/or
Vegetable
And May Include:
1% Low-Fat Milk

Milk Varieties:
1%, Fat Free Chocolate,
Fat Free Vanilla

Assorted Juices
Available

Powering
potential.

MON	TUES	WED	THURS	FRI
Meal Price \$4.00			1 Chicken Soft Tacos	2 Mm! Mm! Pizza
			Bell Pepper Slices Seasoned Corn	Bell Pepper Slices Green Beans
			Diced Peaches	Diced Peaches
5 Pierogies	6 Beef Nachos	7 Orange Chicken w/ Rice	8 Mac N Cheese	9 Mm! Mm! Pizza
Cucumber Slices	Cucumber Slices Seasoned Corn	Cucumber Slices Edamame	Cucumber Slices Seasoned Broccoli	Cucumber Slices Green Beans
Fresh Strawberries	Mandarin Oranges	Mandarin Oranges	Mandarin Oranges	Mandarin Oranges
12 Beef Soft Tacos	13 Meatball Sub	14 Mini Pancakes w/ Omelet	15 Honey Stung Popcorn Chicken & Biscuit	16 Mm! Mm! Pizza
Celery Sticks Refried Beans	Celery Sticks Seasoned Corn	Celery Sticks	Celery Sticks Seasoned Broccoli	Celery Sticks Green Beans
Fresh Orange Slices	Pineapple Tidbits	Pineapple Tidbits	Pineapple Tidbits	Pineapple Tidbits
19 Boneless Wings	20 Premium Chicken Sandwich	21 Pepperoni Roll w/ Sauce	22 Mini Waffles w/ Sausage Patty	23 TEACHER INSERVICE NO SCHOOL
Grape Tomatoes Seasoned Broccoli	Grape Tomatoes Baked Beans	Grape Tomatoes Seasoned Corn	Grape Tomatoes Diced Pears	
Fresh Kiwi	Diced Pears	Diced Pears	Diced Pears	
26 General Tso's Chicken w/ Rice	27 Grilled Cheese & Tomato Soup	28 Walking Taco	29 Bacon Cheeseburger	30 Mm! Mm! Pizza
Broccoli Florets Edamame	Broccoli Florets	Broccoli Florets Seasoned Corn	Broccoli Florets Seasoned Broccoli	Broccoli Florets Green Beans
Fresh Orange Slices	Diced Peaches	Diced Peaches	Diced Peaches	Diced Peaches

Menus are subject to change.



Available Daily

**MTO Deli & Salad Bar
Sunbutter & Jelly, Fruit & Yogurt
Parfaits and Hummus Kits

Baby Carrots

Apples, Oranges, Bananas,
Apple Slices

Weekly Fry Rotation

Monday : Crinkle Cut
Tuesday: Waffle
Wednesday: Crinkle Cut
Thursday : Tater Tots
Friday : Spiral

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STUDENT
NUTRITION

This institution is an equal opportunity provider.