



COVENTRY HIGH 2017-18 MENU

Students must select a minimum of 3 items to qualify as a reimbursable lunch!
Students must take at least one fruit or vegetable.

LUNCH
PRICE:
\$3.00

NEW IN 2017-18

STRAWBERRY AND MIXED BERRY SMOOTHIE

MADE WITH WHOLE STRAWBERRIES AND BLUEBERRIES WITH YOPLAIT VANILLA YOGURT AVAILABLE DAILY FOR \$2.00 EACH OR WITH A HOT SOFT PRETZEL AND SIDE DISHES AS PART OF A \$3.00 LUNCH!



Bosco's Cheese Sticks available Mondays, Wednesdays and Fridays

Bosco Prezel Cheese Sticks available Tuesdays and Thursdays

\$1.75 each

Not available as part of \$3.00



GOURMET ENTRÉE SALADS AVAILABLE DAILY! \$3.00 EACH

(INCLUDES A 2 OZ HOT SOFT PRETZEL, MILK AND JUICE)

BUFFALO CHICKEN, FRESH FRUIT SALAD, VEGGIE SALAD, GRILLED CHICKEN SALAD, ITALIAN SALAD AND POPCORN CHICKEN SALAD!



Smart Snack Compliant
\$2.50 for a 3oz bag



Cookies n Cream, Cookie Dough, Chocolate and Vanilla, and Sour Patch Strawberry

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OCTOBER 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 4 (Beginning) October 2nd	EVERYTHING CHICKEN BAR 6 REG OR SPICY CHICKEN NUGGETS OR POPCORN CHICKEN W/ DINNER ROLL OR ALTERNATE ENTREE PICK 2: MASHED POTATOES BUTTERED CORN PICK 2: STRAWBERRIES	COMET TACO BAR 2 Halves of Chicken, Beef or Cheese Quesidillas OR ALTERNATE ENTREE Tons of Veggie Toppings PICK 2: BBQ BAKED BEANS OR TEX MEX BAKED BEANS PICK 2: WATERMELON Giant Goldfish Cookie	4 FRENCH TOAST STICKS OR 9 MINI PANCAKES WITH 2 SAUSAGE LINKS OR ALTERNATE ENTREE PICK 2: VEGGIE OPTIONS 2 POTATO TRIANGLES PICK 2: FRUIT OPTIONS BANANA W/ CHOC SYRUP	SUB YOUR WAY BAR Choice of: White or Herb & Cheese Choice of: Fajita Chicken, BBQ rib 5 Meatballs, Burger, or Italian OR ALTERNATE ENTREE PICK 2: 2 POTATO TRIANGLES PICK 2: APPLES W/ CARAMEL OTIS CHOCOLATE CHIP OR M&M COOKIE	WAFFLE FRY BAR LARGE SERVING OF SEASONED WAFFLE FRIES W/ CHOICE OF TOPPINGS: - 3 OZ HOMEMADE NACHO CHEESE SAUCE, REAL BACON BITS, SOUR CREAM - 2 OZ HOT SOFT PRETZEL OR ALTERNATE ENTREE PICK 2: FRESH STEAMED BROCCOLI PICK 2: FRUIT & FORTUNE COOKIE
WEEK 1 (Beginning) October 9th	EVERYTHING CHICKEN BAR 6 REG OR SPICY CHICKEN NUGGETS OR POPCORN CHICKEN W/ DINNER ROLL OR ALTERNATE ENTREE PICK 2: MASHED POTATOES BUTTERED CORN PICK 2: STRAWBERRIES	COMET TACO BAR Walking Tacos w/ Nacho or Cool Ranch Doritos OR ALTERNATE ENTREE Tons of Veggie Toppings PICK 2: BBQ BAKED BEANS OR TEX MEX BAKED BEANS PICK 2: WATERMELON Giant Goldfish Cookie	6 MINI CORN DOGS OR REGULAR CORN DOG OR PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGGIE OPTIONS OVEN BAKED CURLY FRIES PICK 2: FRUIT OPTIONS BANANA W/ CHOC SYRUP	SUB YOUR WAY BAR Choice of: White or Herb & Cheese Choice of: Fajita Chicken, BBQ rib 5 Meatballs, Burger, or Italian OR ALTERNATE ENTREE PICK 2: 2 POTATO TRIANGLES PICK 2: APPLES W/ CARAMEL OTIS CHOCOLATE CHIP OR M&M COOKIE	NEOEA DAY NO SCHOOL FOR STUDENTS!
WEEK 2 (Beginning) October 16th	EVERYTHING CHICKEN BAR 6 REG OR SPICY CHICKEN NUGGETS OR POPCORN CHICKEN W/ DINNER ROLL OR ALTERNATE ENTREE PICK 2: MASHED POTATOES BUTTERED CORN PICK 2: STRAWBERRIES	COMET TACO BAR Taco Salad, Nacho Supreme or Two Tacos OR ALTERNATE ENTREE Tons of Veggie Toppings PICK 2: BBQ BAKED BEANS OR TEX MEX BAKED BEANS PICK 2: WATERMELON Giant Goldfish Cookie	4 FRENCH TOAST STICKS OR 9 MINI PANCAKES WITH 2 SAUSAGE LINKS OR ALTERNATE ENTREE PICK 2: VEGGIE OPTIONS 2 POTATO TRIANGLES PICK 2: FRUIT OPTIONS BANANA W/ CHOC SYRUP	SUB YOUR WAY BAR Choice of: White or Herb & Cheese Choice of: Fajita Chicken, BBQ rib 5 Meatballs, Burger, or Italian OR ALTERNATE ENTREE PICK 2: 2 POTATO TRIANGLES PICK 2: APPLES W/ CARAMEL OTIS CHOCOLATE CHIP OR M&M COOKIE	WAFFLE FRY BAR LARGE SERVING OF SEASONED WAFFLE FRIES W/ CHOICE OF TOPPINGS: - 3 OZ HOMEMADE NACHO CHEESE SAUCE, REAL BACON BITS, SOUR CREAM - 2 OZ HOT SOFT PRETZEL OR ALTERNATE ENTREE PICK 2: FRESH STEAMED BROCCOLI PICK 2: FRUIT & FORTUNE COOKIE
WEEK 3 (Beginning) October 23rd	EVERYTHING CHICKEN BAR 6 REG OR SPICY CHICKEN NUGGETS OR POPCORN CHICKEN W/ DINNER ROLL OR ALTERNATE ENTREE PICK 2: MASHED POTATOES BUTTERED CORN PICK 2: STRAWBERRIES	COMET TACO BAR Walking Tacos w/ Nacho or Cool Ranch Doritos OR ALTERNATE ENTREE Tons of Veggie Toppings PICK 2: BBQ BAKED BEANS OR TEX MEX BAKED BEANS PICK 2: WATERMELON Giant Goldfish Cookie	BREAKFAST BAGEL OR BISCUIT SANDWICH OR PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGGIE OPTIONS 2 POTATO TRIANGLES PICK 2: FRUIT OPTIONS BANANA W/ CHOC SYRUP	SUB YOUR WAY BAR Choice of: White or Herb & Cheese Choice of: Fajita Chicken, BBQ rib 5 Meatballs, Burger, or Italian OR ALTERNATE ENTREE PICK 2: 2 POTATO TRIANGLES PICK 2: APPLES W/ CARAMEL OTIS CHOCOLATE CHIP OR M&M COOKIE	WAFFLE FRY BAR LARGE SERVING OF SEASONED WAFFLE FRIES W/ CHOICE OF TOPPINGS: - 3 OZ HOMEMADE NACHO CHEESE SAUCE, REAL BACON BITS, SOUR CREAM - 2 OZ HOT SOFT PRETZEL OR ALTERNATE ENTREE PICK 2: FRESH STEAMED BROCCOLI PICK 2: FRUIT & FORTUNE COOKIE

DAILY FRUIT & VEGETABLE OPTIONS
 PICK 2 FRUIT: FRESH FRUIT, CANNED FRUIT, AND JUICE
 PICK 2 VEGS: MENUED ITEMS, SM. SALADS, CUCUMBERS,
 COLESLAW, CARROTS AND HOT VEGETABLE

**AMERICAN GRILL DAILY ALTERNATE ENTREES INCLUDE: PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA
 EVERY M,W,&F, CHEESY GARLIC BREAD W/ DUNKING SAUCE EVERY TUES & THURS. REG. CHICKEN SANDWICHES, HAM-
 BURGERS, CHEESEBURGERS, SMOOTHIES, GOURMET ENTRÉE SALADS & FISH SANDWICHES ON FRIDAYS**


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OCTOBER & NOVEMBER 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 4 (Beginning) October 30th— November 3rd	EVERYTHING CHICKEN BAR 6 REG OR SPICY CHICKEN NUGGETS OR POPCORN CHICKEN W/ DINNER ROLL OR ALTERNATE ENTREE PICK 2: MASHED POTATOES BUTTERED CORN PICK 2: STRAWBERRIES	COMET TACO BAR 2 Halves of Chicken, Beef or Cheese Quesidillas OR ALTERNATE ENTREE Tons of Veggie Toppings PICK 2: BBQ BAKED BEANS OR TEX MEX BAKED BEANS PICK 2: WATERMELON Giant Goldfish Cookie	4 FRENCH TOAST STICKS OR 9 MINI PANCAKES WITH 2 SAUSAGE LINKS OR ALTERNATE ENTREE PICK 2: VEGGIE OPTIONS 2 POTATO TRIANGLES PICK 2: FRUIT OPTIONS BANANA W/ CHOC SYRUP	SUB YOUR WAY BAR Choice of: White or Herb & Cheese Choice of: Fajita Chicken, BBQ rib 5 Meatballs, Burger, or Italian OR ALTERNATE ENTREE PICK 2: 2 POTATO TRIANGLES PICK 2: APPLES W/ CARAMEL OTIS CHOCOLATE CHIP OR M&M COOKIE	WAFFLE FRY BAR LARGE SERVING OF SEASONED WAFFLE FRIES W/ CHOICE OF TOPPINGS: - 3 OZ HOMEMADE NACHO CHEESE SAUCE, REAL BACON BITS, SOUR CREAM - 2 OZ HOT SOFT PRETZEL OR ALTERNATE ENTREE PICK 2: FRESH STEAMED BROCCOLI PICK 2: FRUIT & FORTUNE COOKIE
WEEK 1 (Beginning) November 6th	EVERYTHING CHICKEN BAR 6 REG OR SPICY CHICKEN NUGGETS OR POPCORN CHICKEN W/ DINNER ROLL OR ALTERNATE ENTREE PICK 2: MASHED POTATOES BUTTERED CORN PICK 2: STRAWBERRIES	ELECTION DAY NO SCHOOL FOR STUDENTS!	6 MINI CORN DOGS OR REGULAR CORN DOG OR PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGGIE OPTIONS OVEN BAKED CURLY FRIES PICK 2: FRUIT OPTIONS BANANA W/ CHOC SYRUP	SUB YOUR WAY BAR Choice of: White or Herb & Cheese Choice of: Fajita Chicken, BBQ rib 5 Meatballs, Burger, or Italian OR ALTERNATE ENTREE PICK 2: 2 POTATO TRIANGLES PICK 2: APPLES W/ CARAMEL OTIS CHOCOLATE CHIP OR M&M COOKIE	WAFFLE FRY BAR LARGE SERVING OF SEASONED WAFFLE FRIES W/ CHOICE OF TOPPINGS: - 3 OZ HOMEMADE NACHO CHEESE SAUCE, REAL BACON BITS, SOUR CREAM - 2 OZ HOT SOFT PRETZEL OR ALTERNATE ENTREE PICK 2: FRESH STEAMED BROCCOLI PICK 2: FRUIT & FORTUNE COOKIE
WEEK 2 (Beginning) November 13th	EVERYTHING CHICKEN BAR 6 REG OR SPICY CHICKEN NUGGETS OR POPCORN CHICKEN W/ DINNER ROLL OR ALTERNATE ENTREE PICK 2: MASHED POTATOES BUTTERED CORN PICK 2: STRAWBERRIES	COMET TACO BAR Taco Salad, Nacho Supreme or Two Tacos OR ALTERNATE ENTREE Tons of Veggie Toppings PICK 2: BBQ BAKED BEANS OR TEX MEX BAKED BEANS PICK 2: WATERMELON Giant Goldfish Cookie	4 FRENCH TOAST STICKS OR 9 MINI PANCAKES WITH 2 SAUSAGE LINKS OR ALTERNATE ENTREE PICK 2: VEGGIE OPTIONS 2 POTATO TRIANGLES PICK 2: FRUIT OPTIONS BANANA W/ CHOC SYRUP	SUB YOUR WAY BAR Choice of: White or Herb & Cheese Choice of: Fajita Chicken, BBQ rib 5 Meatballs, Burger, or Italian OR ALTERNATE ENTREE PICK 2: 2 POTATO TRIANGLES PICK 2: APPLES W/ CARAMEL OTIS CHOCOLATE CHIP OR M&M COOKIE	THANKSGIVING FEAST SLICED TURKEY & STUFFING WITH W.W.DINNER ROLL or ALTERNATE ENTRÉE PICK 2: VEGETABLES: MASHED POTATOES / CORN / SWEET POTATOES PICK 2: Fruit Options BONUS—PB SUN BUTTER BAR
WEEK 3 (Beginning) November 20th	EVERYTHING CHICKEN BAR 6 REG OR SPICY CHICKEN NUGGETS OR POPCORN CHICKEN W/ DINNER ROLL OR ALTERNATE ENTREE PICK 2: MASHED POTATOES BUTTERED CORN PICK 2: STRAWBERRIES	COMET TACO BAR Walking Tacos w/ Nacho or Cool Ranch Doritos OR ALTERNATE ENTREE Tons of Veggie Toppings PICK 2: BBQ BAKED BEANS OR TEX MEX BAKED BEANS PICK 2: WATERMELON Giant Goldfish Cookie	BREAKFAST CROISSANT OR BISCUIT SANDWICH OR PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGGIE OPTIONS 2 POTATO TRIANGLES PICK 2: FRUIT OPTIONS BANANA W/ CHOC SYRUP	 THANKSGIVING BREAK NO SCHOOL! NOVEMBER 23RD—27TH SUNBUTTER BAR IS PEANUT & TREENUT FREE	

DAILY FRUIT & VEGETABLE OPTIONS

PICK 2 FRUIT: FRESH FRUIT, CANNED FRUIT, AND JUICE
 PICK 2 VEGS: MENUED ITEMS, SM. SALADS, CUCUMBERS,
 COLESLAW, CARROTS AND HOT VEGETABLE

AMERICAN GRILL DAILY ALTERNATE ENTREES IN-

CLUDE: PEPPERONI, PEPPERONI & SAUSAGE OR CHEESE PIZZA EVERY M,W,&F, CHEESY GARLIC BREAD W/ DUNKING

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