



# COVENTRY MIDDLE 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**



## BAUMAN ORCHARDS, INC.

Fresh local apples grown in Rittman, Ohio



For the 2017-18 School Year, Twinsburg City Schools will be buying only the best locally grown apples for our students! Each month we will feature a new fresh, local apple from Bauman Orchards. We hope your students enjoy the fresh difference!

Aug & Sept.	- Paula Red Apples	February	- Empire Apples
October	- Yellow Delicious	March	- Melrose Apples
November	- Pink Lady Apples	April	- Red Delicious
December	- Macintosh Apples	May	- Fuji Apples
January	- Gold Rush Apple		

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### FRESHLY MADE GOURMET ENTRÉE SALADS AVAILABLE DAILY!



**\$3.00 EACH (INCLUDES A 2 OZ HOT SOFT PRETZEL, MILK AND JUICE.)**

### STRAWBERRY AND MIXED BERRY SMOOTHIE

MADE WITH WHOLE STRAWBERRIES AND BLUE-BERRIES WITH YOPLAIT VANILLA YOGURT



### HEALTHY OFFERINGS BACK IN 2017-18

AS ALWAYS...WE USE OUR HOMEMADE, FRESH, LOW SODIUM PIZZA SAUCE AND GARLIC PASTE ON OUR WHOLE GRAIN PIZZAS AND CHEESY BREADS

### Whole Grain Mini Corn Dogs (Chicken) and Whole Grain Mini Pancakes





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## NOVEMBER & DECEMBER 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 4 (Beginning)</b> <b>November 27th</b> <b>- December 1st</b>	<b>THANKSGIVING BREAK</b> <b>NO SCHOOL!</b> <b>NOVEMBER 23RD—27TH</b> 	<b>TACO TUESDAYS</b> 2 Halves of Chicken, Beef or Cheese Quesidillas OR ALTERNATE ENTREE <b>PICK 2:</b> Vegetables BUTTERED CORN <b>PICK 1:</b> FRESH CANTALOUPE or Fruit Options	<b>CORN DOG</b> OR ALTERNATE ENTREE <b>PICK 2:</b> VEGETABLES SEASONED WAFFLE FRIES <b>PICK 1:</b> BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	<b>SPICY OR REGULAR</b> <b>POPCORN CHICKEN</b> WITH W.W.DINNER ROLL or ALTERNATE ENTRÉE <b>PICK 2:</b> VEGETABLES: STEAMED BROCCOLI W/ CHEESE <b>PICK 1:</b> APPLES W/ CARAMEL OR Fruit Options	<b>GRILLED CHEESE</b> <b>SANDWICH</b> OR SLOPPY JOE SANDWICH OR FIESTADA PIZZA or ALTERNATE ENTRÉE <b>PICK 2:</b> VEGETABLES OVEN BAKED CURLY FRIES <b>PICK 1:</b> Fruit Options <b>FORTUNE COOKIE</b>
<b>WEEK 1 (Beginning)</b> <b>December 4th</b>	<b>3 PANCAKES W/ SYRUP</b> with 2 SAUSAGE LINKS OR ALTERNATE ENTREE <b>PICK 2:</b> VEGETABLES 2 POTATO TRIANGLES <b>PICK 1:</b> STRAWBERRIES OR Fruit Options	<b>TACO TUESDAYS</b> <b>WALKING TACO (W/ REG OR COOL</b> <b>RANCH REDUCED FAT DORITOS)</b> OR ALTERNATE ENTREE <b>PICK 2:</b> VEGs—TEX MEX BAKED BEANS <b>PICK 1:</b> FRESH CANTALOUPE or Fruit Options <b>BONUS—GIANT GOLDFISH GRAHAM</b>	<b>5 WHOLE GRAIN MINI</b> <b>CORN DOGS</b> OR ALTERNATE ENTREE <b>PICK 2:</b> VEGETABLES WAFFLE FRIES <b>PICK 1:</b> BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS - CHOCOLATE CHIP COOKIE</b>	<b>6 REG OR SPICY</b> <b>CHICKEN NUGGETS</b> W/ W.W. MINI HOT SOFT PRETZEL or ALTERNATE ENTRÉE <b>PICK 2:</b> VEGETABLES (BBQ BAKED BEANS) <b>PICK 1:</b> APPLES W/ CARAMEL OR Fruit Options	<b>BACON CHEESE BURGER</b> ON A W.W. BUN OR MACARONI & CHEESE or ALTERNATE ENTRÉE <b>PICK 2:</b> VEGETABLES OVEN BAKED CURLY FRIES STEAMED BROCCOLI W/ CHEESE <b>PICK 1:</b> RED SEEDLESS GRAPES or Fruit Options
<b>WEEK 2 (Beginning)</b> <b>December 11th</b>	<b>BREAKFAST CROISSANT</b> <b>SANDWICH</b> (egg, cheese, bacon or TURKEY sausage) OR ALTERNATE ENTREE <b>PICK 2:</b> VEGETABLES 2 POTATO TRIANGLES <b>PICK 1:</b> STRAWBERRIES / TOPPING OR Fruit Options <b>Bonus—Mini Rice Krispie Treat</b>	<b>TACO TUESDAYS</b> <b>TACO SALAD BAR OR NACHO</b> <b>SUPREME BAR</b> OR ALTERNATE ENTREE <b>PICK 2:</b> Vegetables BUTTERED CORN <b>PICK 1:</b> FRESH CANTALOUPE or Fruit Options	<b>MEATBALL SUB SANDWICH</b> <b>ON A FRESH BAKED SUB BUN</b> OR ALTERNATE ENTREE <b>PICK 2:</b> VEGETABLES <b>CRISPY BAKED FRIES</b> <b>PICK 1:</b> BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	<b>SPICY OR REGULAR</b> <b>POPCORN CHICKEN</b> WITH W.W.DINNER ROLL or ALTERNATE ENTRÉE <b>PICK 2:</b> VEGETABLES: STEAMED BROCCOLI W/ CHEESE <b>PICK 1:</b> APPLES W/ CARAMEL OR Fruit Options	<b>ALL BEEF HOT DOG WITH</b> <b>CHILI AND CHEESE SAUCE</b> or ALTERNATE ENTRÉE <b>PICK 2:</b> WAFFLE FRIES or Vegetable Options <b>PICK 1:</b> RED SEEDLESS GRAPES or Fruit Options <b>BONUS—Reduced Sugar Fruit Roll-up</b>
<b>WEEK 3 (Beginning)</b> <b>December 18th</b>	<b>3 PANCAKES W/ SYRUP</b> with 2 SAUSAGE LINKS OR ALTERNATE ENTREE <b>PICK 2:</b> VEGETABLES 2 POTATO TRIANGLES <b>PICK 1:</b> STRAWBERRIES OR Fruit Options	<b>TACO TUESDAYS</b> <b>WALKING TACO (W/ REG OR COOL</b> <b>RANCH REDUCED FAT DORITOS)</b> OR ALTERNATE ENTREE <b>PICK 2:</b> VEGs (CHEESY CRUNCHY REFRIED BEANS) <b>PICK 1:</b> FRESH CANTALOUPE or Fruit Options <b>BONUS—GIANT GOLDFISH GRAHAM</b>	<b>GENERAL TSO CHICKEN</b> (Popcorn or fajita) over Rice Served with Chopsticks OR ALTERNATE ENTREE <b>PICK 2:</b> VEGETABLES: FRESH STEAMED BROCCOLI <b>PICK 1:</b> BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS—ICED HOLIDAY COOKIE</b>	 <b>WINTER BREAK</b> <b>NO SCHOOL!</b> <b>DECEMBER 21ST—</b> <b>JANUARY 2ND!</b>	

MONDAYS, WEDS. AND FRIDAYS  
4 OZ 100% FRUIT JUICES ARE AVAILABLE AS SIDE DISH

TUESDAYS AND THURSDAYS  
4 OZ 100% VEGETABLE JUICES ARE AVAILABLE AS SIDE DISH

**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, HAMBURGERS, CHEESEBURGERS, SMOOTHIES, GOURMET ENTRÉE SALADS & FISH SANDWICHES ON FRIDAYS**

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## JANUARY 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 4 (Beginning)</b> <b>January 1st</b>	 <p><b>WINTER BREAK          NO SCHOOL!          DECEMBER 21ST—          JANUARY 2ND!</b></p>		<b>PASTA BAR</b> W/ CHOICE OF MEATSAUCE, MARINARA OR ALFREDO GARLIC TEXAS TOAST OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> GREEN BEANS <b>PICK 1: BANANA W/ CHOC SYRUP</b> OR Fruit Options BONUS—CARNIVAL COOKIE	<b>SPICY OR REGULAR          POPCORN CHICKEN</b> W/ W.W. MINI HOT SOFT PRETZEL or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES:</b> BBQ BAKED BEANS <b>PICK 1: APPLES W/ CARAMEL</b> OR Fruit Options	<b>GRILLED CHEESE          SANDWICH</b> OR SLOPPY JOE SANDWICH OR FIESTADA PIZZA or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> OVEN BAKED CURLY FRIES <b>PICK 1: RED SEEDLESS GRAPES</b> Fruit Options FORTUNE COOKIE
<b>WEEK 5 (Beginning)</b> <b>January 8th</b>	<b>3 PANCAKES W/ SYRUP</b> with 2 SAUSAGE LINKS OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> 2 POTATO TRIANGLES <b>PICK 1: STRAWBERRIES</b> OR Fruit Options	<b>TACO TUESDAYS</b> WALKING TACO (W/ REG OR COOL RANCH REDUCED FAT DORITOS) OR ALTERNATE ENTRÉE <b>PICK 2: VEGs—TEX MEX BAKED BEANS</b> <b>PICK 1: FRESH CANTALOUPE</b> or Fruit Options BONUS—GIANT GOLDFISH GRAHAM	<b>5 WHOLE GRAIN MINI          CORN DOGS</b> OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> WAFFLE FRIES <b>PICK 1: BANANA W/ CHOC SYRUP</b> OR Fruit Options BONUS – CHOCOLATE CHIP COOKIE	<b>6 REG OR SPICY          CHICKEN NUGGETS</b> WITH W.W. DINNER ROLL or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> MASHED POTATOES W/ GRAVY <b>PICK 1: APPLES W/ CARAMEL</b> OR Fruit Options	<p align="center"><b>STAFF DAY          NO SCHOOL FOR          STUDENTS!</b></p>
<b>WEEK 6 (Beginning)</b> <b>January 15th</b>	<p align="center"><b>Martin Luther King          Holiday!          No School!</b></p>	<b>TACO TUESDAYS</b> TACO SALAD BAR OR NACHO SUPREME BAR OR ALTERNATE ENTRÉE <b>PICK 2: Vegetables</b> BUTTERED CORN <b>PICK 1: FRESH CANTALOUPE</b> or Fruit Options	<b>CHICKEN PARMESAN          SANDWICH</b> OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES— GREEN BEANS</b> PASTA W/ MARINARA <b>PICK 1: BANANA W/ CHOC SYRUP</b> OR Fruit Options BONUS—CARNIVAL COOKIE	<b>SPICY OR REGULAR          POPCORN CHICKEN</b> WITH W.W. DINNER ROLL or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES:</b> BBQ BAKED BEANS <b>PICK 1: APPLES W/ CARAMEL</b> OR Fruit Options	<b>ALL BEEF HOT DOG WITH          CHILI AND CHEESE SAUCE</b> or ALTERNATE ENTRÉE <b>PICK 2: WAFFLE FRIES</b> STEAMED BROCCOLI W/ CHEESE <b>PICK 1: RED SEEDLESS GRAPES</b> or Fruit Options BONUS—Reduced Sugar Fruit Roll-up
<b>WEEK 7 (Beginning)</b> <b>January 22nd</b>	<b>3 PANCAKES W/ SYRUP</b> with 2 SAUSAGE LINKS OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> 2 POTATO TRIANGLES <b>PICK 1: STRAWBERRIES</b> OR Fruit Options	<b>TACO TUESDAYS</b> WALKING TACO (W/ REG OR COOL RANCH REDUCED FAT DORITOS) OR ALTERNATE ENTRÉE <b>PICK 2: VEGs—BUTTERED CORN</b> <b>PICK 1: FRESH CANTALOUPE</b> or Fruit Options BONUS—GIANT GOLDFISH GRAHAM	<b>CORN DOG</b> OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> SEASONED WAFFLE FRIES STEAMED BROCCOLI W/ CHEESE <b>PICK 1: BANANA W/ CHOC SYRUP</b> OR Fruit Options BONUS—CARNIVAL COOKIE	<b>6 REG OR SPICY          CHICKEN NUGGETS</b> W/ W.W. MINI HOT SOFT PRETZEL OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> (BBQ BAKED BEANS) <b>PICK 1: APPLES W/ CARAMEL</b> OR Fruit Options	<b>BBQ RIB SANDWICH</b> OR ALTERNATE ENTRÉE <b>PICK 2: OVEN BAKED CURLY          FRIES</b> or Vegetable Options <b>PICK 1: RED SEEDLESS GRAPES</b> or Fruit Options BONUS – CHOCOLATE CHIP COOKIE

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 CHEESEBURGERS, SMOOTHIES, GOURMET ENTRÉE SALADS & FISH SANDWICHES ON FRIDAYS**

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