



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



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 BLUEBERRIES 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





COVENTRY MIDDLE 2016-17 MENU

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LUNCH
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\$3.00

OCTOBER 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 4 (Beginning) October 2nd	SESAME GINGER POPCORN CHICKEN WRAP W/ SLAW OR ALTERNATE ENTREE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES PICK 1: STRAWBERRIES / TOPPING OR Fruit Options Bonus—Mini Rice Krispie Treat	TACO TUESDAYS 2 CRUNCHY OR SOFT TACOS WITH TOPPINGS OR ALTERNATE ENTREE PICK 2: Vegetables (CHEESY CRUNCHY REFRIED BEANS) PICK 1: WATERMELON WEDGE or Fruit Options	CORN DOG OR ALTERNATE ENTREE PICK 2: VEGETABLES SEASONED WAFFLE FRIES PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options BONUS—CARNIVAL COOKIE	SPICY OR REGULAR POPCORN CHICKEN WITH W.W.DINNER ROLL or ALTERNATE ENTRÉE PICK 2: VEGETABLES: STEAMED BROCCOLI W/ CHEESE PICK 1: APPLES W/ CARAMEL OR Fruit Options	GRILLED CHEESE SANDWICH OR SLOPPY JOE SANDWICH OR FIESTADA PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES PICK 1: Fruit Options FORTUNE COOKIE
WEEK 1 (Beginning) October 9th	9 MINI PANCAKES W/ SYRUP with 2 SAUSAGE LINKS OR ALTERNATE ENTREE PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES OR Fruit Options	TACO TUESDAYS WALKING TACO (W/ REG OR COOL RANCH REDUCED FAT DORITOS) OR ALTERNATE ENTREE PICK 2: VEGS—BUTTERED CORN PICK 1: WATERMELON WEDGE or Fruit Options BONUS—GIANT GOLDFISH GRAHAM	5 WHOLE GRAIN MINI CORN DOGS OR ALTERNATE ENTREE PICK 2: VEGETABLES WAFFLE FRIES PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options BONUS - CHOCOLATE CHIP COOKIE	6 REG OR SPICY CHICKEN NUGGETS W/ W.W. MINI HOT SOFT PRETZEL or ALTERNATE ENTRÉE PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 1: APPLES W/ CARAMEL OR Fruit Options	NEOEA DAY NO SCHOOL FOR STUDENTS!
WEEK 2 (Beginning) October 16th	BREAKFAST BAGEL OR BISCUIT SANDWICH (egg, cheese, bacon or TURKEY sausage) OR ALTERNATE ENTREE PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES / TOPPING OR Fruit Options Bonus—Mini Rice Krispie Treat	TACO TUESDAYS TACO SALAD BAR OR NACHO SUPREME BAR OR ALTERNATE ENTREE PICK 2: Vegetables (CHEESY CRUNCHY REFRIED BEANS) PICK 1: WATERMELON WEDGE or Fruit Options	MEATBALL SUB SANDWICH ON A FRESH BAKED SUB BUN OR ALTERNATE ENTREE PICK 2: VEGETABLES CRISPY BAKED FRIES PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options BONUS—CARNIVAL COOKIE	SPICY OR REGULAR POPCORN CHICKEN WITH W.W.DINNER ROLL or ALTERNATE ENTRÉE PICK 2: VEGETABLES: STEAMED BROCCOLI W/ CHEESE PICK 1: APPLES W/ CARAMEL OR Fruit Options	ALL BEEF HOT DOG WITH CHILI AND CHEESE SAUCE or ALTERNATE ENTRÉE PICK 2: WAFFLE FRIES or Vegetable Options PICK 1: RED SEEDLESS GRAPES or Fruit Options BONUS—Reduced Sugar Fruit Roll-up
WEEK 3 (Beginning) October 23rd	9 MINI PANCAKES W/ SYRUP with 2 SAUSAGE LINKS OR ALTERNATE ENTREE PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES OR Fruit Options	TACO TUESDAYS WALKING TACO (W/ REG OR COOL RANCH REDUCED FAT DORITOS) OR ALTERNATE ENTREE PICK 2: VEGS—BUTTERED CORN PICK 1: WATERMELON WEDGE or Fruit Options BONUS—GIANT GOLDFISH GRAHAM	GENERAL TSO CHICKEN (Popcorn or fajita) over Rice Served with Chopsticks OR ALTERNATE ENTREE PICK 2: VEGETABLES: FRESH STEAMED BROCCOLI PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options FORTUNE COOKIE	6 REG OR SPICY CHICKEN NUGGETS W/ W.W. MINI HOT SOFT PRETZEL OR ALTERNATE ENTREE PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 1: APPLES W/ CARAMEL OR Fruit Options	BBQ RIB SANDWICH OR ALTERNATE ENTREE PICK 2: OVEN BAKED CURLY FRIES or Vegetable Options PICK 1: FRESH CANTALOUPE or Fruit Options BONUS - CHOCOLATE CHIP COOKIE

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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OCTOBER & NOVEMBER 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	
WEEK 4 (Beginning) October 2nd	SESAME GINGER POPCORN CHICKEN WRAP W/ SLAW OR ALTERNATE ENTREE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES PICK 1: STRAWBERRIES / TOPPING OR Fruit Options Bonus—Mini Rice Krispie Treat	TACO TUESDAYS 2 CRUNCHY OR SOFT TACOS WITH TOPPINGS OR ALTERNATE ENTREE PICK 2: Vegetables (CHEESY CRUNCHY REFRIED BEANS) PICK 1: FRESH CANTALOUPE or Fruit Options	PASTA BAR W/ CHOICE OF MEATSAUCE, MARINARA OR ALFREDO GARLIC TEXAS TOAST OR ALTERNATE ENTREE PICK 2: VEGETABLES GREEN BEANS PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options BONUS—CARNIVAL COOKIE	SPICY OR REGULAR POPCORN CHICKEN WITH W.W.DINNER ROLL or ALTERNATE ENTRÉE PICK 2: VEGETABLES: STEAMED BROCCOLI W/ CHEESE PICK 1: APPLES W/ CARAMEL OR Fruit Options	GRILLED CHEESE SANDWICH OR SLOPPY JOE SANDWICH OR FIESTADA PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES PICK 1: Fruit Options FORTUNE COOKIE	
WEEK 1 (Beginning) October 9th	9 MINI PANCAKES W/ SYRUP with 2 SAUSAGE LINKS OR ALTERNATE ENTREE PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES OR Fruit Options	ELECTION DAY NO SCHOOL FOR STUDENTS!		5 WHOLE GRAIN MINI CORN DOGS OR ALTERNATE ENTREE PICK 2: VEGETABLES WAFFLE FRIES PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options BONUS - CHOCOLATE CHIP COOKIE	6 REG OR SPICY CHICKEN NUGGETS W/ W.W. MINI HOT SOFT PRETZEL or ALTERNATE ENTRÉE PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 1: APPLES W/ CARAMEL OR Fruit Options	BACON CHEESE BURGER ON A W.W. BUN OR MACARONI & CHEESE or ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES STEAMED BROCCOLI W/ CHEESE PICK 1: RED SEEDLESS GRAPES or Fruit Options
WEEK 2 (Beginning) October 16th	BREAKFAST CROISSANT SANDWICH (egg, cheese, bacon or TURKEY sausage) OR ALTERNATE ENTREE PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES / TOPPING OR Fruit Options Bonus—Mini Rice Krispie Treat	TACO TUESDAYS TACO SALAD BAR OR NACHO SUPREME BAR OR ALTERNATE ENTREE PICK 2: Vegetables (CHEESY CRUNCHY REFRIED BEANS) PICK 1: FRESH CANTALOUPE or Fruit Options	CHICKEN PARMESAN SANDWICH OR ALTERNATE ENTREE PICK 2: VEGETABLES— GREEN BEANS PASTA W/ MARINARA PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options BONUS—CARNIVAL COOKIE	SPICY OR REGULAR POPCORN CHICKEN WITH W.W.DINNER ROLL or ALTERNATE ENTRÉE PICK 2: VEGETABLES: STEAMED BROCCOLI W/ CHEESE PICK 1: APPLES W/ CARAMEL OR Fruit Options	THANKSGIVING FEAST SLICED TURKEY & STUFFING WITH W.W.DINNER ROLL or ALTERNATE ENTRÉE PICK 2: VEGETABLES: MASHED POTATOES / CORN / SWEET POTATOES PICK 1: Fruit Options BONUS—PB SUN BUTTER BAR	
WEEK 3 (Beginning) October 23rd	9 MINI PANCAKES W/ SYRUP with 2 SAUSAGE LINKS OR ALTERNATE ENTREE PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES OR Fruit Options	TACO TUESDAYS WALKING TACO (W/ REG OR COOL RANCH REDUCED FAT DORITOS) OR ALTERNATE ENTREE PICK 2: VEGs—BUTTERED CORN PICK 1: FRESH CANTALOUPE or Fruit Options BONUS—GIANT GOLDFISH GRAHAM	GENERAL TSO CHICKEN (Popcorn or fajita) over Rice Served with Chopsticks OR ALTERNATE ENTREE PICK 2: VEGETABLES: FRESH STEAMED BROCCOLI PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options FORTUNE COOKIE	 <p>THANKSGIVING BREAK NO SCHOOL! NOVEMBER 23RD—27TH SUNBUTTER BAR IS PEANUT & TREENUT FREE</p>		

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