



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





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 Students must take at least one fruit or vegetable.

LUNCH
 PRICE:
\$3.00

Monday

Tuesday

Wednesday

Thursday

Friday

AUGUST AND SEPTEMBER 2017



**NEW LARGER J & J 1.85 OZ WHOLE GRAIN COOKIES—
 .75 CENTS A LA CARTE**



WEEK 2 (Beginning)

August 21
 School Begins
 on August 23rd



**MEATBALL SUB SAND-
 WICH 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 ENTREE**
PICK 2: VEGETABLES:
 MASHED POTATOES
PICK 1: APPLES W/ CARAMEL
 OR Fruit Options

**ALL BEEF HOT DOG WITH
 CHILI AND CHEESE SAUCE
 OR ALTERNATE ENTREE**
PICK 2: WAFFLE FRIES
 or Vegetable Options
PICK 1: RED SEEDLESS GRAPES
 or Fruit Options
**BONUS—Reduced Sugar Fruit Roll-
 up**

WEEK 3 (Beginning)

**August 28th–
 September 1st**

**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 GRAAM

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

**SESAME GINGER POPCORN
 CHICKEN WRAP WITH SLAW
 OR ALTERNATE ENTREE**
PICK 2: OVEN BAKED CURLY FRIES
 or Vegetable Options
PICK 1: RED SEEDLESS GRAPES
 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**

The USDA is an equal opportunity provider and employer.



COVENTRY MIDDLE 2016-17 MENU

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



SEPTEMBER 2016

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|--|
| WEEK 4 (Beginning) September 5 | LABOR DAY NO SCHOOL! | 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 | 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) September 12 | 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 | 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) September 19 | BREAKFAST 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 | 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 | 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) September 26— September 30th | 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 | BAKED PENNE PASTA CASEROLE WITH MEATSAUCE AND GARLIC TOAST or ALTERNATE ENTRÉE PICK 2: VEGS: GREEN BEANS 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 |

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