



# COVENTRY ELEMENTARY 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.

LUNCH  
 PRICE:  
**\$2.75**

Monday

Tuesday

Wednesday

Thursday

Friday

## August and September 2016

**ALL NEW LOCAL MADE WHOLE GRAIN PIZZA CRUSTS  
 BY DOUGH GO'S IN 2016-17 —**

**CHEESY BREADSTICKS MADE WITH A  
 HOMEMADE LOW FAT GARLIC PASTE  
 AVAILABLE TUESDAYS AND THURSDAYS**

**HOMEMADE ROUND PIZZERIA STYLE PIZZA BY THE  
 SLICE**

**AVAILABLE MONDAYS, WEDNESDAYS AND FRIDAYS!**

**Our Pizzas and Cheesy Breadsticks are made with low fat cheese and  
 whole grain crusts.**

**WEEK 2 (Beginning)**

**August 22**

First Day of School  
 is Wednesday,  
 August 24th



**5 BBQ MEATBALLS**

(w/ Hot Soft Pretzel)

or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL  
 or PEPPERONI OR CHEESE PIZZA

PICK 1 or 2: BROCCOLI W/ CHEESE SCE.  
 ROMAINE SALAD w/ DRSG

PICK 1: PINEAPPLE CHUNKS  
 Sliced Banana w/ CHOC. DRIZZLE

**BONUS - FORTUNE COOKIE**

**CHICKEN PATTY SANDWICH**

or (2) HOMEMADE CHEESY  
**BREADSTICKS w/ SAUCE**

PICK 1 or 2: GREEN BEANS  
 SLICED CUKES W/ DIP

PICK 1: PEACHES  
 FRESH APPLE SLICES w/ DIP

**BONUS—CARNAVAL COOKIE**

**NACHOS W/REAL NACHO  
 CHEESE SAUCE**

OR BURGER OR CHEESEBURGER  
 PICK 1 or 2: TEX MEX BAKED  
 BEANS

**SUNSET SIP—BLENDED VEGGIE JUICE**  
 PICK 1: RED SEEDLESS GRAPES  
 CINNAMON APPLESAUCE

**WEEK 3 (Beginning)**

**August 29—**

**September 2nd**

**PILLSBURY MINI PANCAKES**

with 1.5 oz Slice of Fried Ham  
 or PEPPERONI OR CHEESE PIZZA

PICK 1 or 2: TATOR TOTS  
 BABY CARROTS W/ DIP

PICK 1: WARM CINNAMON SUGAR  
 APPLE SLICES  
 4oz ORANGE JUICE

**WALKING TACO**

(TACO MEAT, CHEESE AND LETTUCE IN A  
 BAG OF REDUCED FAT DORITOS)  
 or (2) HOMEMADE CHEESY  
**BREADSTICKS w/ SAUCE**

PICK 1 or 2: BUTTERED CORN  
 BABY CARROTS w/ DIP

PICK 1: WATERMELON WEDGE  
 OR CANNED PEARS

**BONUS—GIANT GOLDFISH GRAHAM**

**CORN DOG (Chicken)**

or STRAWBERRY YOGURT W/ HOT  
 SOFT PRETZEL

or PEPPERONI OR CHEESE PIZZA

PICK 1 or 2: (4) POTATO SMILES  
 ROMAINE SALAD w/ DRSG

PICK 1: PINEAPPLE CHUNKS  
 Sliced Banana w/ CHOC. DRIZZLE

**BONUS - CHOCOLATE CHIP COOKIE**

**POPCORN CHICKEN**

W/ W.W. MINI HOT SOFT PRETZEL

or (2) HOMEMADE CHEESY  
**BREADSTICKS w/ SAUCE**

PICK 1 or 2: BBQ Baked Beans  
 SLICED CUKES W/ DIP

PICK 1: PEACHES  
 FRESH APPLE SLICES w/ DIP

**GRILLED CHEESE SANDWICH**

OR SLOPPY JOE SANDWICH  
 PICK 1 or 2: OVEN BAKED CURLY  
 FRIES

BABY CARROTS W/ DIP  
 PICK 1: RED SEEDLESS GRAPES  
 CINNAMON APPLESAUCE

**BONUS—FORTUNE COOKIE**

**GREEN PRINT INDICATES VEGETARIAN OPTION**

ALL BREAD, PASTAS, RICE, PIZZA CRUSTS AND BREADING ARE WHOLE GRAIN TO COMPLY WITH FEDERAL STANDARDS.

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## September 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 4 (Beginning)</b> <b>September 5</b>	<b>LABOR DAY            NO SCHOOL!</b>	<b>5) CHICKEN NUGGETS</b> W/ W.W.DINNER ROLL or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: MASHED POTATOES ROMAINE SALAD w/ DRSG PICK 1: WATERMELON WEDGE CANNED PEARS	<b>ALL BEEF HOT DOG ON A BUN</b> or STRAWBERRY YOGURT W/ SOFT PRETZEL or PEPPERONI <b>OR CHEESE PIZZA</b> PICK 1 or 2: WAFFLE FRIES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. DRIZZLE	<b>CHICKEN PATTY SANDWICH</b> or <b>MACARONI &amp; CHEESE</b> PICK 1 or 2: BROCCOLI W/ CHEESE SCE SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP <b>BONUS—CARNAVAL COOKIE</b>	<b>NACHOS W/REAL NACHO CHEESE SAUCE</b> OR BURGER OR CHEESEBURGER PICK 1 or 2: CRUNCHY, CHEESY REFRIED BEANS <b>SUNSET SIP</b> —BLENDED VEGGIE JUICE PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE
<b>WEEK 1 (Beginning)</b> <b>September 12</b>	<b>PILLSBURY MINI PANCAKES</b> W/ SYRUP w/ 1.5 oz Slice of Fried Ham or PEPPERONI <b>OR CHEESE PIZZA</b> PICK 1 or 2: TATOR TOTS BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE JUICY FRUIT PUNCH JELLO (100% Juice)	<b>CHICKEN OR CHEESE QUESIDILLA</b> or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: WATERMELON WEDGE CANNED PEARS <b>BONUS—FUNSIZE DORITOS</b>	<b>5 MINI CORN DOGS (Turkey)</b> or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL or PEPPERONI <b>OR CHEESE PIZZA</b> PICK 1 or 2: (4) POTATO SMILES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE <b>BONUS - CHOCOLATE CHIP COOKIE</b>	<b>POPCORN CHICKEN</b> W/ MINI HOT SOFT PRETZEL or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: BBQ Baked Beans SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP	<b>PEPPERONI OR PEPPERONI AND SAUSAGE PIZZA</b> <b>OR HOT SOFT PRETZEL W/ REAL NACHO CHEESE SAUCE</b> PICK 1 or 2: BROCCOLI W/ CHEESE SCE. BABY CARROTS W/ DIP PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE
<b>WEEK 2 (Beginning)</b> <b>September 19</b>	<b>BREAKFAST CROISSANT SANDWICH</b> (egg, cheese, bacon or TURKEY sausage) or PEPPERONI <b>OR CHEESE PIZZA</b> PICK 1 or 2: 1 POTATO TRIANGLE BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE 4oz ORANGE JUICE	<b>(5) CHICKEN NUGGETS</b> W/ W.W.DINNER ROLL or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: MASHED POTATOES ROMAINE SALAD w/ DRSG PICK 1: WATERMELON WEDGE CANNED PEARS	<b>4" TURKEY &amp; CHEESE SUB</b> (SERVED ON A FRESH BAKED SUB BUN) or PEPPERONI <b>OR CHEESE PIZZA</b> or STRAWBERRY YOGURT W/ SOFT PRETZEL PICK 1 or 2: BAKED CURLY FRIES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. DRIZZLE	<b>CHICKEN PATTY SANDWICH</b> or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: GREEN BEANS SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP <b>BONUS—CARNAVAL COOKIE</b>	<b>NACHOS W/REAL NACHO CHEESE SAUCE</b> OR BURGER OR CHEESEBURGER PICK 1 or 2: TEX MEX BAKED BEANS <b>SUNSET SIP</b> —BLENDED VEGGIE JUICE PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE
<b>WEEK 3 (Beginning)</b> <b>September 26—            September 30th</b>	<b>PILLSBURY MINI PANCAKES</b> with 1.5 oz Slice of Fried Ham or PEPPERONI <b>OR CHEESE PIZZA</b> PICK 1 or 2: TATOR TOTS BABY CARROTS W/ DIP PICK 1: WARM CINNAMON SUGAR APPLE SLICES 4oz ORANGE JUICE	<b>WALKING TACO</b> (TACO MEAT, CHEESE AND LETTUCE IN A BAG OF REDUCED FAT DORITOS) or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: WATERMELON WEDGE OR CANNED PEARS <b>BONUS—GIANT GOLDFISH GRAHAM</b>	<b>CORN DOG (Chicken)</b> or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL or PEPPERONI <b>OR CHEESE PIZZA</b> PICK 1 or 2: (4) POTATO SMILES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE <b>BONUS - CHOCOLATE CHIP COOKIE</b>	<b>POPCORN CHICKEN</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: BBQ Baked Beans SLICED CUKES W/ DIP PICK 1: PEACHES FRESH APPLE SLICES w/ DIP	<b>GRILLED CHEESE SANDWICH</b> OR SLOPPY JOE SANDWICH PICK 1 or 2: OVEN BAKED CURLY FRIES BABY CARROTS W/ DIP PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE <b>BONUS—FORTUNE COOKIE</b>

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