



# COVENTRY ELEMENTARY 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**

## Coventry Schools Weekly Rainbow Offerings



<p><b>RED</b> To improve heart &amp; blood health &amp; support joints</p>	<p><b>ORANGE</b> To prevent cancer &amp; promote collagen growth</p>	<p><b>YELLOW</b> Helps your heart, vision digestion &amp; immune system</p>
<p><b>GREEN</b> Powerful detoxers, fight free radicals, improve immune system</p>	<p><b>BLUE/PURPLE</b> Improve mineral absorption, powerful antioxidants</p>	<p><b>WHITE</b> Activate our natural killer cells &amp; reduce cancer risk</p>

Red Seedless Grapes, Watermelon, Bananas, Apples, Orange Juice, Strawberries, Baby Carrots, Fresh Romaine Salads, Fresh Steamed Broccoli, Blended Veg Juice, Sliced Cucumbers, Pineapple Tidbits,

## NEW IN JANUARY AND FEBRUARY STRAWBERRY AND MIXED BERRY SMOOTHIE MADE WITH WHOLE STRAWBERRIES AND BLUEBERRIES WITH YOPLAIT VANILLA YOGURT



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**GREEN PRINT INDICATES VEGETARIAN OPTION**

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

The USDA is an equal opportunity provider and employer.





# COVENTRY ELEMENTARY 2016-17 MENU

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## JANUARY 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 4 (Beginning)</b> <b>January 2nd</b>	<b>WINTER BREAK</b>  <b>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: DICED STRAWBERRIES CANNED PEARS	<b>ALL BEEF HOT DOG ON A BUN</b> or STRAWBERRY YOGURT W/ SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: WAFFLE FRIES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. DRIZZLE <b>BONUS – FORTUNE COOKIE</b>	<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>CALYPSO CRUSH</b> BLENDED VEGGIE JUICE PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE
<b>WEEK 1 (Beginning)</b> <b>January 9th</b>	<b>PILLSBURY MINI PANCAKES</b> W/ SYRUP w/ 1.5 oz Slice of Fried Ham or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: TATOR TOTS BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE JUICY FRUIT PUNCH JELLO (100% 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: DICED STRAWBERRIES OR CANNED PEARS <b>BONUS—GIANT GOLDFISH GRAHAM</b>	<b>5 MINI CORN DOGS</b> (Turkey) 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 <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>TEACHER'S RECORDS DAY</b>  <b>NO SCHOOL!</b>
<b>WEEK 2 (Beginning)</b> <b>January 16th</b>	<b>MARTIN LUTHER KING DAY!</b>  <b>NO SCHOOL!</b>	<b>(4) CHICKEN TENDERS</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: DICED STRAWBERRIES CANNED PEARS	<b>4" TURKEY &amp; CHEESE SUB</b> (SERVED ON A FRESH BAKED SUB BUN) or PEPPERONI OR CHEESE PIZZA or STRAWBERRY YOGURT W/ SOFT PRETZEL PICK 1 or 2: BAKED CURLY FRIES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE <b>BONUS – FORTUNE COOKIE</b>	<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>CALYPSO CRUSH</b> BLENDED VEGGIE JUICE PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE
<b>WEEK 3 (Beginning)</b> <b>January 23rd-27th</b>	<b>PILLSBURY MINI PANCAKES</b> 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	<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: DICED STRAWBERRIES OR CANNED PEARS <b>BONUS—GIANT GOLDFISH GRAHAM</b>	<b>CORN DOG</b> (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 <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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## JANUARY & FEBRUARY 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 4 (Beginning)</b> <b>January 30th</b>	<b>2 MINI CHEESEBURGER SLIDERS</b> <b>OR CHEESE PIZZA</b> PICK 1 or 2: POTATO TRIANGLE CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE 4oz ORANGE JUICE <b>Bonus—Mini Rice Krispie Treat</b>	<b>(5) CHICKEN NUGGETS</b> W/ W.W.DINNER ROLL <b>or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: MASHED POTATOES ROMAINE SALAD w/ DRSG PICK 1: DICED STRAWBERRIES CANNED PEARS	<b>NEW</b> <b>STRAWBERRY SMOOTHIE</b> W/ SOFT PRETZEL <b>or PEPPERONI OR CHEESE PIZZA</b> PICK 1 or 2: WAFFLE FRIES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. DRIZZLE <b>BONUS – FORTUNE COOKIE</b>	<b>CHICKEN PATTY SANDWICH</b> <b>or 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> <b>OR BURGER OR CHEESEBURGER</b> PICK 1 or 2: CRUNCHY, CHEESY REFRIED BEANS <b>CALYPSO CRUSH</b> BLENDED VEGGIE JUICE PICK 1: ORANGE WEDGES CINNAMON APPLESAUCE
<b>WEEK 1 (Beginning)</b> <b>February 6th</b>	<b>PILLSBURY MINI PANCAKES</b> W/ SYRUP w/ 1.5 oz Slice of Fried Ham <b>or PEPPERONI 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>CHOICE OF JUMBO CRUNCHY</b> <b>OR SOFT TACO</b> w/ lettuce and cheese <b>or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: DICED STRAWBERRIES CANNED PEARS <b>BONUS—FUNSIZE DORITOS</b>	<b>5 MINI CORN DOGS (Turkey)</b> <b>or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL</b> <b>or PEPPERONI 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 <b>or (2) 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: FRESH CANTALOUPE CINNAMON APPLESAUCE <b>BONUS—FORTUNE COOKIE</b>
<b>WEEK 2 (Beginning)</b> <b>February 13th</b>	<b>BREAKFAST CROISSANT SANDWICH</b> (egg, cheese, bacon or TURKEY sausage) <b>or PEPPERONI OR CHEESE PIZZA</b> PICK 1 or 2: 1 POTATO TRIANGLE BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE 4oz ORANGE JUICE <b>Bonus– Mini Rice Krispie Treat</b>	<b>(4) CHICKEN TENDERS</b> W/ W.W.DINNER ROLL <b>or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: MASHED POTATOES ROMAINE SALAD w/ DRSG PICK 1: DICED STRAWBERRIES CANNED PEARS	<b>NEW</b> <b>MIXED BERRY SMOOTHIE</b> W/ HOT SOFT PRETZEL <b>or PEPPERONI OR CHEESE PIZZA</b> PICK 1 or 2: BAKED CURLY FRIES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE <b>BONUS – FORTUNE COOKIE</b>	<b>CHICKEN PATTY SANDWICH</b> <b>or (2) 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> <b>OR BURGER OR CHEESEBURGER</b> PICK 1 or 2: TEX MEX BAKED BEANS <b>CALYPSO CRUSH</b> BLENDED VEGGIE JUICE PICK 1: ORANGE WEDGES CINNAMON APPLESAUCE
<b>WEEK 3 (Beginning)</b> <b>February 20th-24th</b>	<b>PRESIDENTS DAY!</b> <b>NO SCHOOL!</b>	<b>WALKING TACO</b> (TACO MEAT, CHEESE AND LETTUCE IN A BAG OF REDUCED FAT DORITOS) <b>or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: DICED STRAWBERRIES OR CANNED PEARS <b>BONUS—GIANT GOLDFISH GRAHAM</b>	<b>CORN DOG (Chicken)</b> <b>or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL</b> <b>or PEPPERONI 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 <b>or (2) 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> <b>OR SLOPPY JOE SANDWICH</b> PICK 1 or 2: OVEN BAKED CURLY FRIES BABY CARROTS W/ DIP PICK 1: FRESH CANTALOUPE CINNAMON APPLESAUCE <b>BONUS—FORTUNE COOKIE</b>

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