



# TURKEYFOOT 2015-16 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**

**EAT A RAINBOW OF FRUIT AND VEGETABLES EVERY DAY!**

**NEW IN 2014-15**



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



**HOMEMADE CHEESY BREADSTICKS MADE WITH A HOMEMADE LOW FAT GARLIC PASTE AND RISING WHOLE GRAIN DOUGH**

**AVAILABLE TUESDAYS AND THURSDAYS**

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

## Coventry Schools Weekly Rainbow Offerings

Red Seedless Grapes, Cantaloupe, Bananas, Apples, Orange Juice, Strawberries, Baby Carrots, Fresh Romaine Salads, Sweet Potato Fries, Fresh Steamed Broccoli, Sliced Cucumbers, Pineapple Tidbits,

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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.

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## JANUARY 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 3 (Beginning)</b> <b>January 4th</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) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: STRAWBERRY CUP OR CANNED PEARS <b>BONUS—GIANT GOLDFISH GRAHAM</b>	<b>CORN DOG (Chicken)</b> 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) HOMEMADE CHEESY BREADSTICKS w/ SAUCE 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>
<b>WEEK 4 (Beginning)</b> <b>January 11th</b>	<b>3 FRENCH TOAST STIX</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 4oz ORANGE JUICE	<b>5) CHICKEN NUGGETS</b> W/ W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: MASHED POTATOES ROMAINE SALAD w/ DRSG PICK 1: STRAWBERRY CUP CANNED PEARS	<b>ALL BEEF HOT DOG</b> ON A BUN 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>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>January 15th</b> <b>NO SCHOOL!</b>
<b>WEEK 1 (Beginning)</b> <b>January 18th</b>	<b>Martin Luther King Jr Day!</b> <b>NO SCHOOL!</b>	<b>CHICKEN OR CHEESE QUESADILLA</b> or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: STRAWBERRY CUP CANNED PEARS <b>BONUS—FUNSIZE DORITOS</b>	<b>5 MINI CORN DOGS</b> (Turkey) or STRAWBERRY YOGURT W/ 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) HOMEMADE CHEESY BREADSTICKS w/ SAUCE 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> OR <b>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>January 25th—</b> <b>January 29th</b>	<b>BREAKFAST BAGEL</b> (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA 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) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: SEASONED CURLY FRIES ROMAINE SALAD w/ DRSG PICK 1: STRAWBERRY CUP CANNED PEARS	<b>4" TURKEY &amp; CHEESE SUB</b> (SERVED ON A FRESH BAKED SUB BUN) or STRAWBERRY YOGURT W/ SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: BAKED CURLY 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 (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE 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—BLENDED VEGGIE JUICE</b> PICK 1: RED SEEDLESS GRAPES CINNAMON APPLESAUCE

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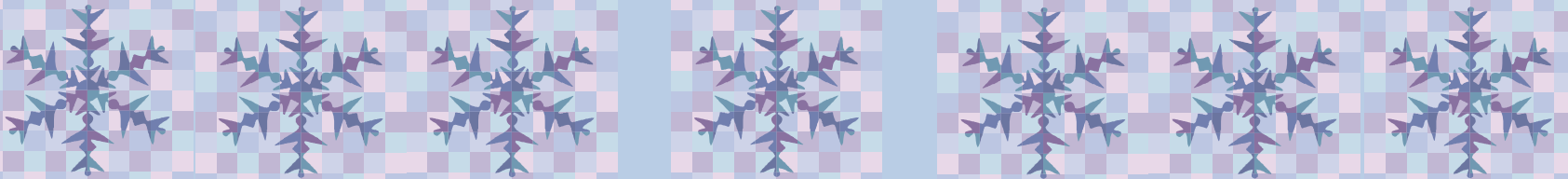
Students must select a minimum of 3 items to qualify as a reimbursable lunch!  
Students must take at least one fruit or vegetable.

LUNCH  
PRICE:  
**\$2.75**

## December 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 4 (Beginning)</b> <b>November 30th—</b> <b>December 4th</b>	<b>Thanksgiving Holiday</b>  <b>No School</b> <b>November 26th—</b> <b>30th</b> 	<b>(5) CHICKEN NUGGETS</b> W/ W.W.DINNER ROLL or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> <b>PICK 1 or 2: MASHED POTATOES</b> <b>ROMAINE SALAD w/ DRSG</b> <b>PICK 1: STRAWBERRY CUP</b> <b>CANNED PEARS</b>	<b>ALL BEEF HOT DOG ON A BUN</b> or <b>STRAWBERRY YOGURT W/ SOFT PRETZEL</b> or <b>PEPPERONI OR CHEESE PIZZA</b> <b>PICK 1 or 2: WAFFLE FRIES</b> <b>ROMAINE SALAD w/ DRSG</b> <b>PICK 1: PINEAPPLE TIDBITS</b> <b>Sliced Banana w/ CHOC. DRIZZLE</b>	<b>CHICKEN PATTY SANDWICH</b> or <b>MACARONI &amp; CHEESE</b> <b>PICK 1 or 2: BROCCOLI W/ CHEESE SAUCE</b> <b>SLICED CUKES W/ DIP</b> <b>PICK 1: PEACHES</b> <b>FRESH APPLE SLICES w/ DIP</b> <b>BONUS—CARNAVAL COOKIE</b>	<b>NACHOS W/REAL NACHO CHEESE SAUCE</b> OR BURGER OR CHEESEBURGER <b>PICK 1 or 2: CRUNCHY, CHEESY REFRIED BEANS</b> <b>SUNSET SIP—BLENDED VEGGIE JUICE</b> <b>PICK 1: RED SEEDLESS GRAPES</b> <b>CINNAMON APPLESAUCE</b>
<b>WEEK 1 (Beginning)</b> <b>December 7th</b>	<b>PILLSBURY MINI PANCAKES</b> W/ SYRUP w/ 1.5 oz Slice of Fried Ham or <b>PEPPERONI OR CHEESE PIZZA</b> <b>PICK 1 or 2: TATOR TOTS</b> <b>BABY CARROTS W/ DIP</b> <b>PICK 1: FLAVORED APPLESAUCE</b> <b>JUICY ORANGE JELLO (100% Juice)</b>	<b>CHICKEN OR CHEESE QUESIDILLA</b> or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> <b>PICK 1 or 2: BUTTERED CORN</b> <b>BABY CARROTS w/ DIP</b> <b>PICK 1: STRAWBERRY CUP</b> <b>CANNED PEARS</b> <b>BONUS—FUNSIZE DORITOS</b>	<b>5 MINI CORN DOGS (Turkey)</b> or <b>STRAWBERRY YOGURT W/ HOT SOFT PRETZEL</b> or <b>PEPPERONI OR CHEESE PIZZA</b> <b>PICK 1 or 2: (1) POTATO TRIANGLE</b> <b>ROMAINE SALAD w/ DRSG</b> <b>PICK 1: PINEAPPLE CHUNKS</b> <b>Sliced Banana w/ CHOC. DRIZZLE</b> <b>BONUS - CHOCOLATE CHIP COOKIE</b>	<b>POPCORN CHICKEN</b> W/ MINI HOT SOFT PRETZEL or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> <b>PICK 1 or 2: BBQ Baked Beans</b> <b>SLICED CUKES W/ DIP</b> <b>PICK 1: PEACHES</b> <b>FRESH APPLE SLICES w/ DIP</b>	<b>PEPPERONI OR PEPPERONI AND SAUSAGE PIZZA</b> <b>OR HOT SOFT PRETZEL W/ REAL NACHO CHEESE SAUCE</b> <b>PICK 1 or 2: BROCCOLI W/ CHEESE SCE.</b> <b>BABY CARROTS W/ DIP</b> <b>PICK 1: RED SEEDLESS GRAPES</b> <b>CINNAMON APPLESAUCE</b>
<b>WEEK 2 (Beginning)</b> <b>December 14th</b>	<b>BREAKFAST BAGEL</b> (egg, cheese, bacon or TURKEY sausage) or <b>PEPPERONI OR CHEESE PIZZA</b> <b>PICK 1 or 2: 1 POTATO TRIANGLE</b> <b>BABY CARROTS W/ DIP</b> <b>PICK 1: FLAVORED APPLESAUCE</b> <b>4oz ORANGE JUICE</b>	<b>(5) CHICKEN NUGGETS</b> W/ W.W.DINNER ROLL or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> <b>PICK 1 or 2: SEASONED CURLY FRIES</b> <b>ROMAINE SALAD w/ DRSG</b> <b>PICK 1: STRAWBERRY CUP</b> <b>CANNED PEARS</b>	<b>5 BBQ MEATBALLS</b> W/ <b>LARGE HOT SOFT PRETZEL</b> or <b>STRAWBERRY YOGURT W/ HOT SOFT PRETZEL</b> or <b>PEPPERONI OR CHEESE PIZZA</b> <b>PICK 1 or 2: BROCCOLI W/ CHEESE</b> <b>ROMAINE SALAD w/ DRSG</b> <b>PICK 1: PINEAPPLE CHUNKS</b> <b>Sliced Banana w/ CHOC. DRIZZLE</b> <b>BONUS - FORTUNE COOKIE</b>	<b>CHICKEN PATTY SANDWICH</b> or (2) <b>HOMEMADE CHEESY BREADSTICKS w/ SAUCE</b> <b>PICK 1 or 2: GREEN BEANS</b> <b>SLICED CUKES W/ DIP</b> <b>PICK 1: PEACHES</b> <b>FRESH APPLE SLICES w/ DIP</b> <b>BONUS—CARNAVAL COOKIE</b>	<b>NACHOS W/REAL NACHO CHEESE SAUCE</b> OR BURGER OR CHEESEBURGER <b>PICK 1 or 2: TEX MEX BAKED BEANS</b> <b>SUNSET SIP—BLENDED VEGGIE JUICE</b> <b>PICK 1: RED SEEDLESS GRAPES</b> <b>CINNAMON APPLESAUCE</b>

**WINTER BREAK—No School December 21st—January 1st**



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