



# 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

**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

Red Seedless Grapes, Watermelon, Bananas, Apples, Orange Juice, Strawberries,

Baby Carrots, Fresh Romaine Salads, Fresh Steamed Broccoli, Blended Veg Juice, Sliced Cucumbers, Pineapple Tidbits,

**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.

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**SCHOOL MEAL PAYMENTS MADE EASY!**  
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**QUICK & CONVENIENT YOU CAN:**  
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→ Track & Review Meal History  
→ Create Low Balance Alerts  
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MySchoolBucks

**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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**\$2.75**

## October 2016

|  | Monday  | Tuesday   | Wednesday  | Thursday   | Friday  |
|--|---|---|--|--|---|
| <b>WEEK 4 (Beginning)</b><br><b>October 3rd</b>  | <b>3 FRENCH TOAST STIX</b><br>w/ SYRUP w/ 1.5 oz Slice of Fried Ham<br>or PEPPERONI OR CHEESE PIZZA<br>PICK 1 or 2: TATOR TOTS<br>BABY CARROTS w/ DIP<br>PICK 1: FLAVORED APPLESAUCE<br>4oz ORANGE JUICE                            | <b>(5) CHICKEN NUGGETS</b><br>w/ W.W.DINNER ROLL<br>or (2) HOMEMADE CHEESY<br>BREADSTICKS w/ SAUCE<br>PICK 1 or 2: MASHED POTATOES<br>ROMAINE SALAD w/ DRSG<br>PICK 1: WATERMELON WEDGE<br>CANNED PEARS   | <b>ALL BEEF HOT DOG ON A BUN</b><br>or STRAWBERRY YOGURT w/ SOFT PRETZEL<br>or PEPPERONI OR CHEESE PIZZA<br>PICK 1 or 2: WAFFLE FRIES<br>ROMAINE SALAD w/ DRSG<br>PICK 1: PINEAPPLE TIDBITS<br>Sliced Banana w/ CHOC. DRIZZLE  | <b>CHICKEN PATTY SANDWICH</b><br>or <b>MACARONI &amp; CHEESE</b><br>PICK 1 or 2: BROCCOLI w/ CHEESE SCE<br>SLICED CUKES w/ DIP<br>PICK 1: PEACHES<br>FRESH APPLE SLICES w/ DIP<br><b>BONUS—CARNAVAL COOKIE</b>     | <b>NACHOS W/REAL NACHO CHEESE SAUCE</b><br>OR BURGER OR CHEESEBURGER<br>PICK 1 or 2: CRUNCHY, CHEESY<br>REFRIED BEANS<br><b>CALYPSO CRUSH</b><br>BLENDED VEGGIE JUICE<br>PICK 1: RED SEEDLESS GRAPES<br>CINNAMON APPLESAUCE |
| <b>WEEK 1 (Beginning)</b><br><b>October 10th</b> | <b>PILLSBURY MINI PANCAKES</b><br>w/ SYRUP w/ 1.5 oz Slice of Fried Ham<br>or PEPPERONI OR CHEESE PIZZA<br>PICK 1 or 2: TATOR TOTS<br>BABY CARROTS w/ DIP<br>PICK 1: FLAVORED APPLESAUCE<br>JUICY FRUIT PUNCH JELLO<br>(100% Juice) | CHOICE OF JUMBO CRUNCHY OR<br>SOFT TACO w/ lettuce and cheese<br>or (2) HOMEMADE CHEESY<br>BREADSTICKS w/ SAUCE<br>PICK 1 or 2: BUTTERED CORN<br>BABY CARROTS w/ DIP<br>PICK 1: WATERMELON WEDGE<br>CANNED PEARS<br><b>BONUS—FUNSIZE DORITOS</b>                                      | <b>5 MINI CORN DOGS</b> (Turkey)<br>or STRAWBERRY YOGURT w/ HOT<br>SOFT PRETZEL<br>or PEPPERONI OR CHEESE PIZZA<br>PICK 1 or 2: (4) POTATO SMILES<br>ROMAINE SALAD w/ DRSG<br>PICK 1: PINEAPPLE CHUNKS<br>Sliced Banana w/ CHOC. DRIZZLE<br><b>BONUS – CHOCOLATE CHIP COOKIE</b>           | <b>POPCORN CHICKEN</b><br>w/ MINI HOT SOFT PRETZEL<br>or (2) HOMEMADE CHEESY<br>BREADSTICKS w/ SAUCE<br>PICK 1 or 2: BBQ Baked Beans<br>SLICED CUKES w/ DIP<br>PICK 1: PEACHES<br>FRESH APPLE SLICES w/ DIP        | <b>NEOEA DAY</b><br><br><b>No School!</b>   |
| <b>WEEK 2 (Beginning)</b><br><b>October 17th</b> | <b>BREAKFAST CROISSANT SANDWICH</b><br>(egg, cheese, bacon or TURKEY<br>sausage)<br>or PEPPERONI OR CHEESE PIZZA<br>PICK 1 or 2: 1 POTATO TRIANGLE<br>BABY CARROTS w/ DIP<br>PICK 1: FLAVORED APPLESAUCE<br>4oz ORANGE JUICE        | <b>(5) CHICKEN NUGGETS</b><br>w/ W.W.DINNER ROLL<br>or (2) HOMEMADE CHEESY<br>BREADSTICKS w/ SAUCE<br>PICK 1 or 2: MASHED POTATOES<br>ROMAINE SALAD w/ DRSG<br>PICK 1: WATERMELON WEDGE<br>CANNED PEARS   | <b>5 BBQ MEATBALLS</b><br>w/ LARGE HOT SOFT PRETZEL<br>or STRAWBERRY YOGURT w/ HOT SOFT PRETZEL<br>or PEPPERONI OR CHEESE PIZZA<br>PICK 1 or 2: BROCCOLI w/ CHEESE<br>ROMAINE SALAD w/ DRSG<br>PICK 1: PINEAPPLE CHUNKS<br>Sliced Banana w/ CHOC. DRIZZLE<br><b>BONUS – FORTUNE COOKIE</b> | <b>CHICKEN PATTY SANDWICH</b><br>or (2) HOMEMADE CHEESY<br>BREADSTICKS w/ SAUCE<br>PICK 1 or 2: GREEN BEANS<br>SLICED CUKES w/ DIP<br>PICK 1: PEACHES<br>FRESH APPLE SLICES w/ DIP<br><b>BONUS—CARNAVAL COOKIE</b> | <b>NACHOS W/REAL NACHO CHEESE SAUCE</b><br>OR BURGER OR CHEESEBURGER<br>PICK 1 or 2: TEX MEX BAKED<br>BEANS<br><b>CALYPSO CRUSH</b><br>BLENDED VEGGIE JUICE<br>PICK 1: RED SEEDLESS GRAPES<br>CINNAMON APPLESAUCE           |
| <b>WEEK 3 (Beginning)</b><br><b>October 24th</b> | <b>PILLSBURY MINI PANCAKES</b><br>with 1.5 oz Slice of Fried Ham<br>or PEPPERONI OR CHEESE PIZZA<br>PICK 1 or 2: TATOR TOTS<br>BABY CARROTS w/ DIP<br>PICK 1: WARM CINNAMON SUGAR<br>APPLE SLICES<br>4oz ORANGE JUICE               | <b>WALKING TACO</b><br>(TACO MEAT, CHEESE AND LETTUCE IN A<br>BAG OF REDUCED FAT DORITOS)<br>or (2) HOMEMADE CHEESY<br>BREADSTICKS w/ SAUCE<br>PICK 1 or 2: BUTTERED CORN<br>BABY CARROTS w/ DIP<br>PICK 1: WATERMELON WEDGE<br>OR CANNED PEARS<br><b>BONUS—GIANT GOLDFISH GRAHAM</b> | <b>CORN DOG</b> (Chicken)<br>or STRAWBERRY YOGURT w/ HOT<br>SOFT PRETZEL<br>or PEPPERONI OR CHEESE PIZZA<br>PICK 1 or 2: (4) POTATO SMILES<br>ROMAINE SALAD w/ DRSG<br>PICK 1: PINEAPPLE CHUNKS<br>Sliced Banana w/ CHOC. DRIZZLE<br><b>BONUS – CHOCOLATE CHIP COOKIE</b>                  | <b>POPCORN CHICKEN</b><br>w/ W.W. MINI HOT SOFT PRETZEL<br>or (2) HOMEMADE CHEESY<br>BREADSTICKS w/ SAUCE<br>PICK 1 or 2: BBQ Baked Beans<br>SLICED CUKES w/ DIP<br>PICK 1: PEACHES<br>FRESH APPLE SLICES w/ DIP   | <b>GRILLED CHEESE SANDWICH</b><br>OR SLOPPY JOE SANDWICH<br>PICK 1 or 2: OVEN BAKED CURLY<br>FRIES<br>BABY CARROTS w/ DIP<br>PICK 1: RED SEEDLESS GRAPES<br>CINNAMON APPLESAUCE<br><b>BONUS—FORTUNE COOKIE</b>              |

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## September 2016

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

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