



TURKEYFOOT 2014-15 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

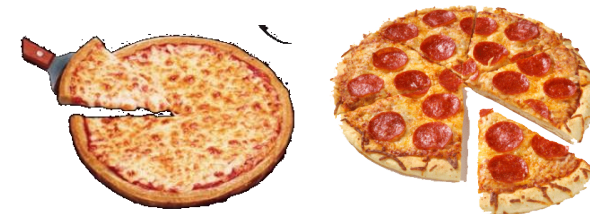
YELLOW
Helps your heart, vision digestion & immune system

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 ROUND PIZZERIA STYLE PIZZA BY THE SLICE



AVAILABLE MONDAYS AND WEDNESDAYS

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

Coventry Schools Weekly Rainbow Offerings

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



Danimals nonfat yogurt is a good source of Calcium and Vitamin D, and contains no high fructose corn syrup, artificial colors, or artificial flavors. Together with a Whole Grain Hot Soft Pretzel and you have a terrifically nutritious entrée! **AVAILABLE ON WEDNESDAYS!**

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 AND OCTOBER 2014

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 3 (Beginning) September 8	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	CHICKEN OR CHEESE QUESIDILLA or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: FRESH WATERMELON CANNED PEARS BONUS—FUNSIZE DORITOS	STADIUM HOT DOG (Turkey) or STRAWBERRY YOGURT W/ SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: GREEN BEANS ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. DRIZZLE BONUS - SUGAR 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: STRAWBERRIES CINNAMON APPLESAUCE BONUS—FORTUNE COOKIE
WEEK 4 (Beginning) September 15	3 FRENCH TOAST STIX W/ SYRUP 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: FLAVORED APPLESAUCE 4oz ORANGE JUICE	(4) CHICKEN TENDERS W/ .DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: SWEET POTATO FRIES ROMAINE SALAD w/ DRSG PICK 1: FRESH GRAPES CANNED PEARS	5 MINI CORN DOGS (Turkey) or STRAWBERRY YOGURT W/ SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: OVEN BAKED CURLY FRIES BABY CARROTS W/ DIP PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE	CHICKEN PATTY SANDWICH or MACARONI & CHEESE PICK 1 or 2: BROCCOLI W/ CHEESE 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: CRUNCHY, CHEESY REFRIED BEANS BABY CARROTS w/ DIP PICK 1: STRAWBERRIES CINNAMON APPLESAUCE
WEEK 1 (Beginning) September 22	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	JUMBO CRUNCHY OR SOFT TACO or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: FRESH WATERMELON CANNED PEARS BONUS—FUNSIZE DORITOS	TURKEY & GRAVY W/ ROLL or PEPPERONI OR CHEESE PIZZA or STRAWBERRY YOGURT W/ SOFT PRETZEL PICK 1 or 2: MASHED POTATOES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. DRIZZLE BONUS - REDUCED SUGAR FRUIT ROLL-UP	POPCORN CHICKEN 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	HOT SOFT PRETZEL W/ REAL NACHO CHEESE SAUCE OR BURGER OR CHEESEBURGER PICK 1 or 2: STEAMED BROCCOLI BABY CARROTS W/ DIP PICK 1: STRAWBERRIES CINNAMON APPLESAUCE
WEEK 2 (Beginning) September 29— October 3	BREAKFAST BAGEL (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: BAKED WEDGE FRIES BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE 4oz ORANGE JUICE	(4) CHICKEN TENDERS W/ W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: MASHED POTATOES ROMAINE SALAD w/ DRSG PICK 1: FRESH GRAPES CANNED PEARS	CORN DOG (Chicken) or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: (4) POTATO SMILES BABY CARROTS W/ DIP PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE	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: CRUNCHY, CHEESY REFRIED BEANS BABY CARROTS w/ DIP PICK 1: STRAWBERRIES CINNAMON APPLESAUCE

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OCTOBER 2014

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 3 (Beginning) October 6	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	CHICKEN OR CHEESE QUESIDILLA or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: FRESH WATERMELON CANNED PEARS BONUS—FUNSIZE DORITOS	STADIUM HOT DOG (Turkey) or STRAWBERRY YOGURT W/ SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: GREEN BEANS ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. DRIZZLE BONUS - SUGAR 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: STRAWBERRIES CINNAMON APPLESAUCE BONUS—FORTUNE COOKIE
WEEK 4 (Beginning) October 13	3 FRENCH TOAST STIX W/ SYRUP 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: FLAVORED APPLESAUCE 4oz ORANGE JUICE	(4) CHICKEN TENDERS W/ .DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: SWEET POTATO FRIES ROMAINE SALAD w/ DRSG PICK 1: FRESH GRAPES CANNED PEARS	5 MINI CORN DOGS (Turkey) or STRAWBERRY YOGURT W/ SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: OVEN BAKED CURLY FRIES BABY CARROTS W/ DIP PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE	CHICKEN PATTY SANDWICH or MACARONI & CHEESE PICK 1 or 2: BROCCOLI W/ CHEESE 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: CRUNCHY, CHEESY REFRIED BEANS BABY CARROTS W/ DIP PICK 1: STRAWBERRIES CINNAMON APPLESAUCE
WEEK 1 (Beginning) October 20	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	JUMBO CRUNCHY OR SOFT TACO or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: BUTTERED CORN BABY CARROTS w/ DIP PICK 1: FRESH WATERMELON CANNED PEARS BONUS—FUNSIZE DORITOS	TURKEY & GRAVY W/ ROLL or PEPPERONI OR CHEESE PIZZA or STRAWBERRY YOGURT W/ SOFT PRETZEL PICK 1 or 2: MASHED POTATOES ROMAINE SALAD w/ DRSG PICK 1: PINEAPPLE TIDBITS Sliced Banana w/ CHOC. DRIZZLE BONUS - REDUCED SUGAR FRUIT ROLL-UP	POPCORN CHICKEN 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	HOT SOFT PRETZEL W/ REAL NACHO CHEESE SAUCE OR BURGER OR CHEESEBURGER PICK 1 or 2: STEAMED BROCCOLI BABY CARROTS W/ DIP PICK 1: STRAWBERRIES CINNAMON APPLESAUCE
WEEK 2 (Beginning) October 27— October 31	BREAKFAST BAGEL (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: BAKED WEDGE FRIES BABY CARROTS W/ DIP PICK 1: FLAVORED APPLESAUCE 4oz ORANGE JUICE	(4) CHICKEN TENDERS W/ W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE PICK 1 or 2: MASHED POTATOES ROMAINE SALAD w/ DRSG PICK 1: FRESH GRAPES CANNED PEARS	CORN DOG (Chicken) or STRAWBERRY YOGURT W/ HOT SOFT PRETZEL or PEPPERONI OR CHEESE PIZZA PICK 1 or 2: (4) POTATO SMILES BABY CARROTS W/ DIP PICK 1: PINEAPPLE CHUNKS Sliced Banana w/ CHOC. DRIZZLE	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: CRUNCHY, CHEESY REFRIED BEANS BABY CARROTS w/ DIP PICK 1: STRAWBERRIES CINNAMON APPLESAUCE

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