



# COVENTRY HIGH 2014-15 MENU

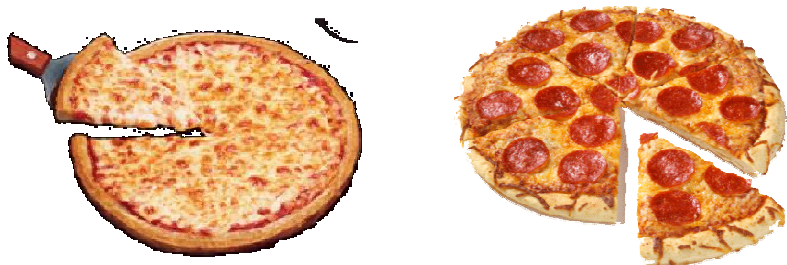
Students must select a minimum of 3 items to qualify as a reimbursable lunch!  
 Students must take at least one fruit or vegetable.

**LUNCH  
 PRICE:  
 \$3.00**

	Monday	Tuesday	Wednesday	Thursday	Friday
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## SEPTEMBER 2014

**NEW IN 2014-15—HOMEMADE ROUND  
 PIZZERIA STYLE PIZZA BY THE SLICE**



**AVAILABLE MONDAYS, WEDNESDAYS AND FRIDAYS!**

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

### Eat a Rainbow Everyday!

**DAILY PICK 2 VEGGIES:**

- POTATO, PASTA OR HOT VEG
- SMALL ROMAINE SALADS
- BABY CARROTS W/ DIP
- CELERY W/ DIP
- CUCUMBERS W/ DIP

**DAILY PICK 2 FRUITS:**

- Mondays** – Strawberries
- Tuesdays** – Watermelon
- Wednesdays** – Bananas w/ Choc Syrup
- Thursdays** – Apples w/ Caramel
- Fridays** – Fresh Grapes
- TWO TYPES OF CAN FRUIT, ORANGE WEDGES & BANANAS OFFERED DAILY

100% JUICE IS ONLY AVAILABLE AS A SIDE DISH ON MONDAYS, WEDNESDAYS AND FRIDAYS

**WEEK 2 (Beginning)**

**September 1**

First Day of School is  
 Tuesday, September 2nd

**LABOR DAY  
 NO SCHOOL!**

**TACO TUESDAYS**

TACO SALAD BAR OR NACHO SUPREME BAR  
 or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE

**PICK 2: Vegetables**  
 (CHEESY CRUNCHY REFRIED BEANS)  
**PICK 2: Fruit Options**

**W.W. PENNE PASTA WITH 3 MEATBALLS, ALFREDO**

**OR MARINARA**  
 W/ GARLIC BREAD ROLL or GOURMET PIZZA OR ALTERNATE ENTREE

**PICK 2: VEGETABLES - GREEN BEANS**  
**PICK 2: Fruit Options**

**BONUS—CARNIVAL COOKIE**

**SPICY OR REGULAR POPCORN CHICKEN**

WITH W.W. DINNER ROLL or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE

**PICK 2: VEGETABLES:  
 MASHED POTATOES**  
**PICK 2: Fruit Options**

**CHICKEN BACON MOZZ. SUB ON A WW HOAGIE**  
 or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTREE

**PICK 2: VEGETABLES**  
 ½ TWICE BAKED POTATO W/ CHEESE AND REAL BACON BITS  
**PICK 2: Fruit Options**

**BONUS—Reduced Sugar Fruit Roll-up**

**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
<b>WEEK 3 (Beginning)</b> <b>September 8</b>	<b>PILLSBURY MINI PANCAKES</b> with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES TATOR TOTS PICK 2: Fruit Options	<b>TACO TUESDAYS</b> 2 CHICKEN OR CHEESE QUESIDILLA W/ TOPPINGS or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE PICK 2: Vegetables (BUTTERED CORN) PICK 2: Fruit Options	2 POPCORN CHICKEN WRAPS WITH TOPPINGS or GOURMET PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES CALIFORNIA VEGETABLE BLEND PICK 2: Fruit Options <b>BONUS—SUGAR COOKIE</b>	(5) REG OR SPICY CHICKEN TENDERS W/ W.W. MINI HOT SOFT PRETZEL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 2: Fruit Options	<b>DOMINO'S PIZZA</b> PEPPERONI OR CHEESE OR ALTERNATE ENTRÉE PICK 2: VEGETABLES GREEN BEANS PICK 2: JUICE, ORANGE WEDGES OR APPLESAUCE ONLY EXTRA SLICES ARE \$1.75 EACH
<b>WEEK 4 (Beginning)</b> <b>September 15</b>	<b>4 FRENCH TOAST STIX</b> W/ SYRUP with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES TATOR TOTS PICK 2: Fruit Options	<b>TACO TUESDAYS</b> TACO SALAD BAR OR NACHO SUPREME BAR or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE PICK 2: Vegetables (CHEESY CRUNCHY REFRIED BEANS) PICK 2: Fruit Options	MEATBALL SUB W/ MOZZ on a Hoagie or GOURMET PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES PASTA W/ MARINARA PICK 2: Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	SPICY OR REGULAR POPCORN CHICKEN WITH W.W. DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE PICK 2: VEGETABLES: SPICY SWEET POTATO FRIES PICK 2: Fruit Options	BACON CHEESE BURGER ON A W.W. BUN OR MACARONI & CHEESE or ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES FREESH STEAMED BROCCOLI PICK 2: Fruit Options <b>BONUS—FORTUNE COOKIE</b>
<b>WEEK 1 (Beginning)</b> <b>September 22</b>	<b>PILLSBURY MINI PANCAKES</b> with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES TATOR TOTS PICK 2: Fruit Options	<b>TACO TUESDAYS</b> 2 CRUNCHY OR SOFT TACOS WITH TOPPINGS or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE PICK 2: Vegetables (BUTTERED CORN) PICK 2: Fruit Options	TURKEY & GRAVY W/ ROLL or GOURMET PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES: MASHED POTATOES PICK 2: Fruit Options <b>BONUS – MINI ICE CREAM SANDWICH</b>	(5) REG OR SPICY CHICKEN TENDERS W/ W.W. MINI HOT SOFT PRETZEL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 2: Fruit Options	<b>DOMINO'S PIZZA</b> PEPPERONI OR CHEESE OR ALTERNATE ENTRÉE PICK 2: VEGETABLES BUTTERED CORN PICK 2: JUICE, ORANGE WEDGES OR APPLESAUCE ONLY EXTRA SLICES ARE \$1.75 EACH
<b>WEEK 2 (Beginning)</b> <b>September 29— October 3</b>	<b>BREAKFAST BAGEL</b> (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA PICK 2: VEGETABLES SEASONED WEDGE FRIES PICK 2: Fruit Options	<b>TACO TUESDAYS</b> TACO SALAD BAR OR NACHO SUPREME BAR or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE PICK 2: Vegetables (CHEESY CRUNCHY REFRIED BEANS) PICK 2: Fruit Options	W.W. PENNE PASTA WITH 3 MEATBALLS, ALFREDO OR MARINARA W/ GARLIC BREAD ROLL or GOURMET PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES - GREEN BEANS PICK 2: Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	SPICY OR REGULAR POPCORN CHICKEN WITH W.W. DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE PICK 2: VEGETABLES: MASHED POTATOES PICK 2: Fruit Options	CHICKEN BACON MOZZ. SUB ON A WW HOAGIE or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES ½ TWICE BAKED POTATO W/ CHEESE AND REAL BACON BITS PICK 2: Fruit Options <b>BONUS—Reduced Sugar Fruit Roll-up</b>

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