



COVENTRY HIGH 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:
\$3.00

EAT A RAINBOW OF FRUIT AND VEGETABLES EVERY DAY!

NEW IN 2015-16



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



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, Celery

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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.



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FEBRUARY 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 3 (Beginning) February 1st	4 FRENCH TOAST STIX w/ SYRUP with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES TATOR TOTS PICK 2: STRAWBERRIES OR Fruit Options	TACO TUESDAYS WALKING TACO (W/ REG OR COOL RANCH REDUCED FAT DORITOS) or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce PICK 2: Vegetables -BUTTERED CORN PICK 2: FRESH CANTALOUPE or Fruit Options BONUS—GIANT GOLDFISH GRAHAM	GRILLED CHICKEN BREAST SANDWICH W/ CHEESE AND BACON or GOURMET PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES: STEAMED BROCCOLI W/ CHEESE PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options BONUS - CHOCOLATE CHIP COOKIE	6 REG OR SPICY CHICKEN NUGGETS W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTRÉE PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 2: APPLES W/ CARAMEL OR Fruit Options	DOMINO'S PIZZA PEPPERONI OR CHEESE OR ALTERNATE ENTRÉE PICK 2: VEGETABLES GREEN BEANS PICK 2: Red Seedless Grapes or Fruit Options EXTRA SLICES ARE \$1.75 EACH
WEEK 4 (Beginning) February 8th	BBQ RIB SANDWICH OR PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: OVEN BAKED CURLY FRIES or Vegetable Options PICK 2: STRAWBERRIES or Fruit Options FORTUNE COOKIE	TACO TUESDAYS 2 CRUNCHY OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE PICK 2: Vegetables TEX MEX BAKED BEANS PICK 2: FRESH CANTALOUPE or Fruit Options	PASTA BAR W/ CHOICE OF MEATSAUCE, MARINARA OR ALFREDO GARLIC TEXAS TOAST or GOURMET PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES GREEN BEANS PICK 1: BANANA W/ CHOC SYRUP OR Fruit Options BONUS—CARNIVAL COOKIE	SPICY OR REGULAR POPCORN CHICKEN WITH W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE PICK 2: VEGETABLES: STEAMED BROCCOLI W/ CHEESE PICK 2: APPLES W/ CARAMEL OR Fruit Options	GRILLED CHEESE SANDWICH OR SLOPPY JOE SANDWICH or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES PICK 2: Red Seedless Grapes or Fruit Options FORTUNE COOKIE
WEEK 1 (Beginning) February 15th	PRESIDENT'S NO SCHOOL!				
WEEK 2 (Beginning) February 22nd— February 26th	NEW BREAKFAST CROISSANT SANDWICH (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 1: STRAWBERRIES OR Fruit Options	TACO TUESDAYS TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE PICK 2: Vegetables TEX MEX BAKED BEANS PICK 2: FRESH CANTALOUPE or Fruit Options	CHICKEN PARMESAN SANDWICH or GOURMET PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES GREEN BEANS PASTA W/ MARINARA PICK 2: BANANA W/ CHOC SYRUP OR Fruit BONUS - CARNIVAL COOKIE	SPICY OR REGULAR POPCORN CHICKEN WITH W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE PICK 2: VEGETABLES: STEAMED BROCCOLI W/ CHEESE PICK 2: APPLES W/ CARAMEL OR Fruit Options	ALL BEEF HOT DOG WITH CHILI AND CHEESE SAUCE or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE PICK 2: WAFFLE FRIES or Vegetable Options PICK 2: RED SEEDLESS GRAPES or Fruit Options BONUS—Reduced Sugar Fruit Roll-up

MONDAYS, WEDS. AND FRIDAYS
4 OZ 100% FRUIT JUICES ARE AVAILABLE AS SIDE DISH

GREEN PRINT INDICATES VEGETARIAN OPTION

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

TUESDAYS AND THURSDAYS
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JANUARY 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 3 (Beginning) January 4th	4 FRENCH TOAST STIX w/ SYRUP with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES TATOR TOTS PICK 2: STRAWBERRIES OR Fruit Options	TACO TUESDAYS WALKING TACO (W/ REG OR COOL RANCH REDUCED FAT DORITOS) or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce PICK 2: Vegetables -BUTTERED CORN PICK 2: FRESH CANTALOUPE or Fruit Options BONUS—GIANT GOLDFISH GRAHAM	GRILLED CHICKEN BREAST SANDWICH W/ CHEESE AND BACON or GOURMET PIZZA or ALTERNATE ENTREE PICK 2: VEGETABLES: STEAMED BROCCOLI W/ CHEESE PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options BONUS - CHOCOLATE CHIP COOKIE	6 REG OR SPICY CHICKEN NUGGETS W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTREE PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 2: APPLES W/ CARAMEL OR Fruit Options	DOMINO'S PIZZA PEPPERONI OR CHEESE OR ALTERNATE ENTREE PICK 2: VEGETABLES GREEN BEANS PICK 2: Red Seedless Grapes or Fruit Options EXTRA SLICES ARE \$1.75 EACH
WEEK 4 (Beginning) January 11th	SESAME GINGER POPCORN CHICKEN WRAP WITH SLAW DRESSING OR PEPPERONI OR CHEESE PIZZA or Alternate Entrée PICK 2: OVEN BAKED CURLY FRIES or Vegetable Options PICK 2: STRAWBERRIES or Fruit Options FORTUNE COOKIE	TACO TUESDAYS 2 CRUNCHY OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables TEX MEX BAKED BEANS PICK 2: FRESH CANTALOUPE or Fruit Options	6 BBQ MEATBALLS W/ LGE HOT SOFT PRETZEL or GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES TATOR TOTS / GREEN BEANS PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options BONUS—CARNIVAL COOKIE	SPICY OR REGULAR POPCORN CHICKEN WITH W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTREE PICK 2: VEGETABLES: STEAMED BROCCOLI W/ CHEESE PICK 2: APPLES W/ CARAMEL OR Fruit Options	January 15th NO SCHOOL!
WEEK 1 (Beginning) January 18th	Martin Luther King Jr Day! NO SCHOOL!	TACO TUESDAYS 2 CHICKEN OR CHEESE QUESIDILLA W/ TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (BUTTERED CORN) PICK 2: FRESH CANTALOUPE or Fruit Options	5 WHOLE GRAIN MINI CORN DOGS or GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES 5 POTATO SMILES CRUNCHY CINNAMON SUGAR CHICKPEAS PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options BONUS - CHOCOLATE CHIP COOKIE	6 REG OR SPICY CHICKEN NUGGETS W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTREE PICK 2: VEGETABLES MASHED POTATOES / GRAVY PICK 2: APPLES W/ CARAMEL OR Fruit Options	DOMINO'S PIZZA PEPPERONI OR CHEESE OR ALTERNATE ENTREE PICK 2: VEGETABLES GREEN BEANS PICK 2: Red Seedless Grapes or Fruit Options EXTRA SLICES ARE \$1.75 EACH
WEEK 2 (Beginning) January 25th— January 29th	BREAKFAST BAGEL (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA PICK 2: VEGETABLES 2 POTATO TRIANGLES PICK 2: STRAWBERRIES OR Fruit Options	TACO TUESDAYS TACO SALAD BAR OR NACHO SUPREME BAR or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables TEX MEX BAKED BEANS PICK 2: FRESH CANTALOUPE or Fruit Options	HOT TURKEY & SWISS OR HAM & SWISS ON A PRETZEL BUN or GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES— GREEN BEANS TATOR TOTS PICK 2: BANANA W/ CHOC SYRUP OR Fruit BONUS - CHOCOLATE CHIP COOKIE	SPICY OR REGULAR POPCORN CHICKEN WITH W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTREE PICK 2: VEGETABLES: STEAMED BROCCOLI W/ CHEESE PICK 2: APPLES W/ CARAMEL OR Fruit Options	ALL BEEF HOT DOG WITH CHILI AND CHEESE SAUCE or PEPPERONI/ OR CHEESE PIZZA or ALTERNATE ENTREE PICK 2: WAFFLE FRIES or Vegetable Options PICK 2: RED SEEDLESS GRAPES or Fruit Options BONUS—Reduced Sugar Fruit Roll-up

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