



# 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**

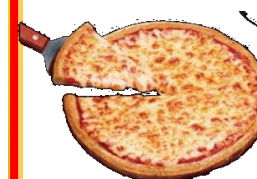
## EAT A RAINBOW OF FRUIT AND VEGETABLES EVERY DAY!

## NEW IN 2014-15



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

## 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.

## 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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## DECEMBER 2014

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 3 (Beginning)</b> <b>December 1st</b>	<b>TURKEY CLUB MELT</b> or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> <b>TATOR TOTS</b> <b>PICK 2: STRAWBERRIES</b> OR Fruit Options	<b>TACO TUESDAYS</b> <b>2 CHICKEN OR CHEESE</b> QUESIDILLA W/ TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE <b>PICK 2: Vegetables</b> (BUTTERED CORN) <b>PICK 2: CANTALOUPE</b> OR Fruit Options	<b>BBQ RIB SANDWICH</b> or GOURMET PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> <b>OVEN BAKED CURLY FRIES</b> <b>PICK 2: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS—SUGAR COOKIE</b>	<b>(5) REG OR SPICY CHICKEN TENDERS</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> (BBQ BAKED BEANS) <b>PICK 2: APPLES W/ CARAMEL</b> OR Fruit Options	<b>DOMINO'S PIZZA</b> <b>PEPPERONI OR CHEESE</b> OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> GREEN BEANS <b>PICK 2: RED SEEDLESS GRAPES</b> OR Fruit Options <b>EXTRA SLICES ARE \$1.75 EACH</b>
<b>WEEK 4 (Beginning)</b> <b>December 8th</b>	<b>4 FRENCH TOAST STIX</b> W/ SYRUP with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> <b>TATOR TOTS</b> <b>PICK 2: STRAWBERRIES</b> OR Fruit Options	<b>TACO TUESDAYS</b> <b>TACO SALAD BAR OR NACHO</b> <b>SUPREME BAR</b> or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE <b>PICK 2: Vegetables</b> (CHEESY CRUNCHY REFRIED BEANS) <b>PICK 2: CANTALOUPE</b> OR Fruit Options	<b>CHICKEN PARMESAN SANDWICH</b> or GOURMET PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> PASTA W/ MARINARA <b>PICK 2: BANANA W/ CHOC SYRUP</b> OR Fruit Options <b>BONUS—CARNIVAL COOKIE</b>	<b>SPICY OR REGULAR POPCORN CHICKEN</b> WITH W.W. DINNER ROLL or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES:</b> <b>SPICY SWEET POTATO FRIES</b> <b>PICK 2: APPLES W/ CARAMEL</b> OR Fruit Options	<b>BACON CHEESE BURGER</b> ON A W.W. BUN <b>OR MACARONI &amp; CHEESE</b> or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> OVEN BAKED CURLY FRIES FRESH STEAMED BROCCOLI <b>PICK 2: RED SEEDLESS GRAPES</b> OR Fruit Options <b>BONUS—FORTUNE COOKIE</b>
<b>WEEK 1 (Beginning)</b> <b>December 15th</b>	<b>PILLSBURY MINI PANCAKES</b> with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> <b>TATOR TOTS</b> <b>PICK 2: STRAWBERRIES</b> OR Fruit Options	<b>TACO TUESDAYS</b> <b>2 CRUNCHY OR SOFT TACOS</b> WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTRÉE <b>PICK 2: Vegetables</b> (BUTTERED CORN) <b>PICK 2: CANTALOUPE</b> OR Fruit Options	<b>GENERAL TSO CHICKEN OVER RICE</b> or GOURMET PIZZA or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES:</b> ORIENTAL VEGETABLES <b>PICK 2: BANANA W/ CHOC SYRUP</b> Fruit Options <b>BONUS – SUGAR COOKE</b>	<b>(5) REG OR SPICY CHICKEN TENDERS</b> W/ W.W. MINI HOT SOFT PRETZEL or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce or ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> (BBQ BAKED BEANS) <b>PICK 2: APPLES W/ CARAMEL</b> OR Fruit Options	<b>DOMINO'S PIZZA</b> <b>PEPPERONI OR CHEESE</b> OR ALTERNATE ENTRÉE <b>PICK 2: VEGETABLES</b> BUTTERED CORN <b>PICK 2: RED SEEDLESS GRAPES</b> OR Fruit Options <b>EXTRA SLICES ARE \$1.75 EACH</b>
<b>WEEK 2 (Beginning)</b> <b>December 22nd</b>	<b>BREAKFAST BAGEL</b> (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA <b>PICK 2: VEGETABLES</b> <b>SEASONED WEDGE FRIES</b> <b>PICK 2: STRAWBERRIES</b> OR Fruit Options	<b>WINTER BREAK! DECEMBER 23RD—JANUARY 2ND NO SCHOOL!</b>			

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## JANUARY 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 2 (Beginning)</b> <b>January 5th</b>	<b>BREAKFAST BAGEL</b> (egg, cheese, bacon or TURKEY sausage) or PEPPERONI OR CHEESE PIZZA PICK 2: VEGETABLES SEASONED WEDGE FRIES PICK 2: STRAWBERRIES OR Fruit Options	<b>TACO TUESDAYS</b> 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: CANTALOUPE or Fruit Options	W.W. PENNE PASTA WITH 4 MEATBALLS, ALFREDO OR MARINARA W/ GARLIC BREAD ROLL or GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES - GREEN BEANS PICK 2: BANANA W/ CHOC SYRUP OR 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: APPLES W/ CARAMEL OR 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: RED SEEDLESS GRAPES OR Fruit Options <b>BONUS—Reduced Sugar Fruit Roll-up</b>
<b>WEEK 3 (Beginning)</b> <b>January 12th</b>	NEW FRESH BAKED <b>TURKEY CLUB MELT</b> or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES TATOR TOTS PICK 2: STRAWBERRIES OR Fruit Options	<b>TACO TUESDAYS</b> 2 CHICKEN OR CHEESE QUESIDILLA W/ TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce PICK 2: Vegetables (BUTTERED CORN) PICK 2: CANTALOUPE or Fruit Options	6 WHOLE GRAIN MINI CORN DOGS or GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES 5 POTATO SMILES PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS - CHOCOLATE CHIP COOKIE</b>	(5) REG OR SPICY CHICKEN TENDERS 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	<b>TEACHER WORK DAY!</b>  <b>NO SCHOOL!</b>
<b>WEEK 4 (Beginning)</b> <b>January 19th</b>	<b>Martin Luther King Jr Day</b>  <b>No School!</b>	<b>TACO TUESDAYS</b> 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: CANTALOUPE Or Fruit Options	MEATBALL SUB W/ MOZZ or GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES PASTA W/ MARINARA PICK 2: BANANA W/ CHOC SYRUP OR 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 1: APPLES W/ CARAMEL OR 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: RED SEEDLESS GRAPES OR Fruit Options <b>BONUS—FORTUNE COOKIE</b>
<b>WEEK 1 (Beginning)</b> <b>January 26th</b>	PILLSBURY MINI PANCAKES with 2 Slices of Fried Ham or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES TATOR TOTS PICK 2: STRAWBERRIES OR Fruit Options	<b>TACO TUESDAYS</b> 2 CRUNCHY OR SOFT TACOS WITH TOPPINGS or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (BUTTERED CORN) PICK 2: CANTALOUPE or Fruit Options	NEW FRESH BAKED HOT DOG POCKET (Turkey) WITH OR WITHOUT CHEESE or GOURMET PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES: SEASONED WEDGE FRIES PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS - CHOCOLATE CHIP COOKIE</b>	(5) REG OR SPICY CHICKEN TENDERS 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 BUTTERED CORN PICK 2: RED SEEDLESS GRAPES OR Fruit Options EXTRA SLICES ARE \$1.75 EACH

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