



# 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**

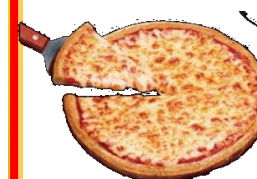
## EAT A RAINBOW OF FRUIT AND VEGETABLES EVERY DAY!

## 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 antioxidants</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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APRIL 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 2 (Beginning)</b> <b>March 30th–</b> <b>April 3rd</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> <b>TACO SALAD BAR OR NACHO SUPREME BAR</b> 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	<b>W.W. PENNE PASTA WITH CHICKEN ALFREDO OR MARINARA</b> 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>	<b>April 2nd</b>  <b>SPRING</b>	<b>April 3rd</b> <b>BREAK</b>
<b>WEEK 3 (Beginning)</b> <b>April 6th</b>	<b>April 6th</b>  <b>SPRING BREAK</b>	<b>TACO TUESDAYS</b> <b>2 CHICKEN OR CHEESE QUESIDILLA W/ TOPPINGS</b> or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce PICK 2: Vegetables (BUTTERED CORN) PICK 2: Cantaloupe or Fruit Options	<b>5 WHOLE GRAIN MINI CORN DOGS</b> 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>	<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 ENTREE PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 2: APPLES W/ CARAMEL OR Fruit Options	<b>DOMINO'S PIZZA PEPPERONI OR CHEESE</b> OR ALTERNATE ENTRÉE PICK 2: VEGETABLES GREEN BEANS PICK 2: Fruit Options EXTRA SLICES ARE \$1.75 EACH
<b>WEEK 4 (Beginning)</b> <b>April 13th</b>	<b>SALISBURY STEAK W/ HOT BUTTERED BREADSTICK</b> or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES MASHED POTATOES W/ GRAVY PICK 2: Strawberries or Fruit Options	<b>TACO TUESDAYS</b> <b>WALKING TACO</b> (TACO MEAT, CHEESE AND LETTUCE IN A BAG OF REDUCED FAT DORITOS) or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables - REFRIED BEANS) PICK 2: Cantaloupe or Fruit Options <b>BONUS—GIANT GOLDFISH GRAHAM</b>	<b>CHICKEN PARMESAN SANDWICH</b> 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>	<b>SPICY OR REGULAR POPCORN CHICKEN WITH W.W.DINNER ROLL</b> or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE PICK 2: VEGETABLES: SPICY SWEET POTATO FRIES PICK 2: APPLES W/ CARAMEL OR Fruit Options	<b>BACON CHEESE BURGER</b> ON A W.W. BUN OR MACARONI & CHEESE or ALTERNATE ENTRÉE PICK 2: VEGETABLES OVEN BAKED CURLY FRIES FRESH STEAMED BROCCOLI PICK 2: Fruit Options <b>BONUS—FORTUNE COOKIE</b>
<b>WEEK 1 (Beginning)</b> <b>April 20th</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: Strawberries or Fruit Options	<b>TACO TUESDAYS</b> <b>2 CRUNCHY OR SOFT TACOS WITH TOPPINGS</b> or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables (BUTTERED CORN) PICK 2: Cantaloupe or Fruit Options	<b>GRILLED CHICKEN BREAST SANDWICH W/ BACON AND CHEESE</b> or GOURMET PIZZA OR ALTERNATE ENTREE PICK 2: VEGETABLES: FRESH STEAMED BROCCOLI PICK 2: BANANA W/ CHOC SYRUP OR Fruit Options <b>BONUS - CHOCOLATE CHIP 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 PICK 2: VEGETABLES (BBQ BAKED BEANS) PICK 2: APPLES W/ CARAMEL	<b>DOMINO'S PIZZA PEPPERONI OR CHEESE</b> OR ALTERNATE ENTRÉE PICK 2: VEGETABLES BUTTERED CORN PICK 2: Fruit Options EXTRA SLICES ARE \$1.75 EACH
<b>WEEK 2 (Beginning)</b> <b>April 27th—</b> <b>May 1st</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> <b>TACO SALAD BAR OR NACHO SUPREME BAR</b> 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	<b>W.W. PENNE PASTA WITH MEATSAUCE, ALFREDO OR MARINARA</b> 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>	<b>SPICY OR REGULAR POPCORN CHICKEN WITH W.W.DINNER ROLL</b> or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE PICK 2: VEGETABLES: MASHED POTATOES PICK 2: APPLES W/ CARAMEL OR Fruit Options	<b>CHICKEN BACON MOZZ.</b> 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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## MAY 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 3 (Beginning)</b> <b>May 4th</b>	<b>4 FRENCH TOAST STIX</b> 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	<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	5 <b>WHOLE GRAIN MINI</b> <b>CORN DOGS</b> 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>	<b>8 CHICKEN FRIES</b> 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	<b>DOMINO'S PIZZA</b> <b>PEPPERONI OR CHEESE</b> OR ALTERNATE ENTRÉE PICK 2: VEGETABLES GREEN BEANS PICK 2: Fruit Options EXTRA SLICES ARE \$1.75 EACH
<b>WEEK 4 (Beginning)</b> <b>May 11th</b>	<b>SALISBURY STEAK w/ HOT</b> <b>BUTTERED BREADSTICK</b> or PEPPERONI OR CHEESE PIZZA OR ALTERNATE ENTRÉE PICK 2: VEGETABLES MASHED POTATOES w/ GRAVY PICK 2: STRAWBERRIES OR Fruit Options	<b>TACO TUESDAYS</b> <b>WALKING TACO</b> (TACO MEAT, CHEESE AND LETTUCE IN A BAG OF REDUCED FAT DORITOS) or (2) (W.W.) HOMEMADE CHEESY BREADSTICKS w/ sauce OR ALTERNATE ENTREE PICK 2: Vegetables - REFRIED BEANS) PICK 2: Cantaloupe or Fruit Options <b>BONUS—GIANT GOLDFISH GRAHAM</b>	<b>CHICKEN PARMESAN</b> <b>SANDWICH</b> 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>	<b>SPICY OR REGULAR</b> <b>POPCORN CHICKEN</b> WITH W.W.DINNER ROLL or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE PICK 2: VEGETABLES: SPICY SWEET POTATO FRIES PICK 2: APPLES w/ CARAMEL OR Fruit Options	<b>PICNIC</b> <b>HAMBURGER</b> <b>OR CHEESEBURGER</b> <b>OR HOTDOG</b> or ALTERNATE ENTRÉE PICK 2: - BAKED BEANS PASTA SALAD PICK 2: APPLE, ORANGE OR JUICE <b>BONUS—FUNSIZE DORITOS</b>
<b>WEEK 1 (Beginning)</b> <b>May 18th</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: 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	<b>GRILLED CHICKEN BREAST</b> SANDWICH w/ BACON AND CHEESE or GOURMET PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES: STEAMED BROCCOLI w/ Cheese PICK 2: BANANA w/ CHOC SYRUP OR Fruit Options <b>BONUS – CHOCOLATE CHIP COOKIE</b>	(5) <b>REG OR SPICY</b> <b>CHICKEN TENDERS</b> 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	<b>DOMINO'S PIZZA</b> <b>PEPPERONI OR CHEESE</b> OR ALTERNATE ENTRÉE PICK 2: VEGETABLES BUTTERED CORN PICK 2: Fruit Options EXTRA SLICES ARE \$1.75 EACH
<b>WEEK 2 (Beginning)</b> <b>May 25th</b>	<b>MEMORIAL 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	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>	<b>SPICY OR REGULAR POPCORN</b> <b>CHICKEN WITH W.W.DINNER ROLL</b> or (2) HOMEMADE CHEESY BREADSTICKS w/ SAUCE or ALTERNATE ENTRÉE PICK 2: VEGETABLES: MASHED POTATOES PICK 2: APPLES w/ CARAMEL OR Fruit Options FRESH APPLE SLICES w/ DIP	<b>HOT DOG w/ TOPPINGS</b> (Cheese, Taco Meat, etc) or PEPPERONI OR CHEESE PIZZA or ALTERNATE ENTRÉE PICK 2: VEGETABLES TATOR TOTS PICK 2: Fruit Options <b>BONUS—ASST'D 30 CENT SNACK</b>

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